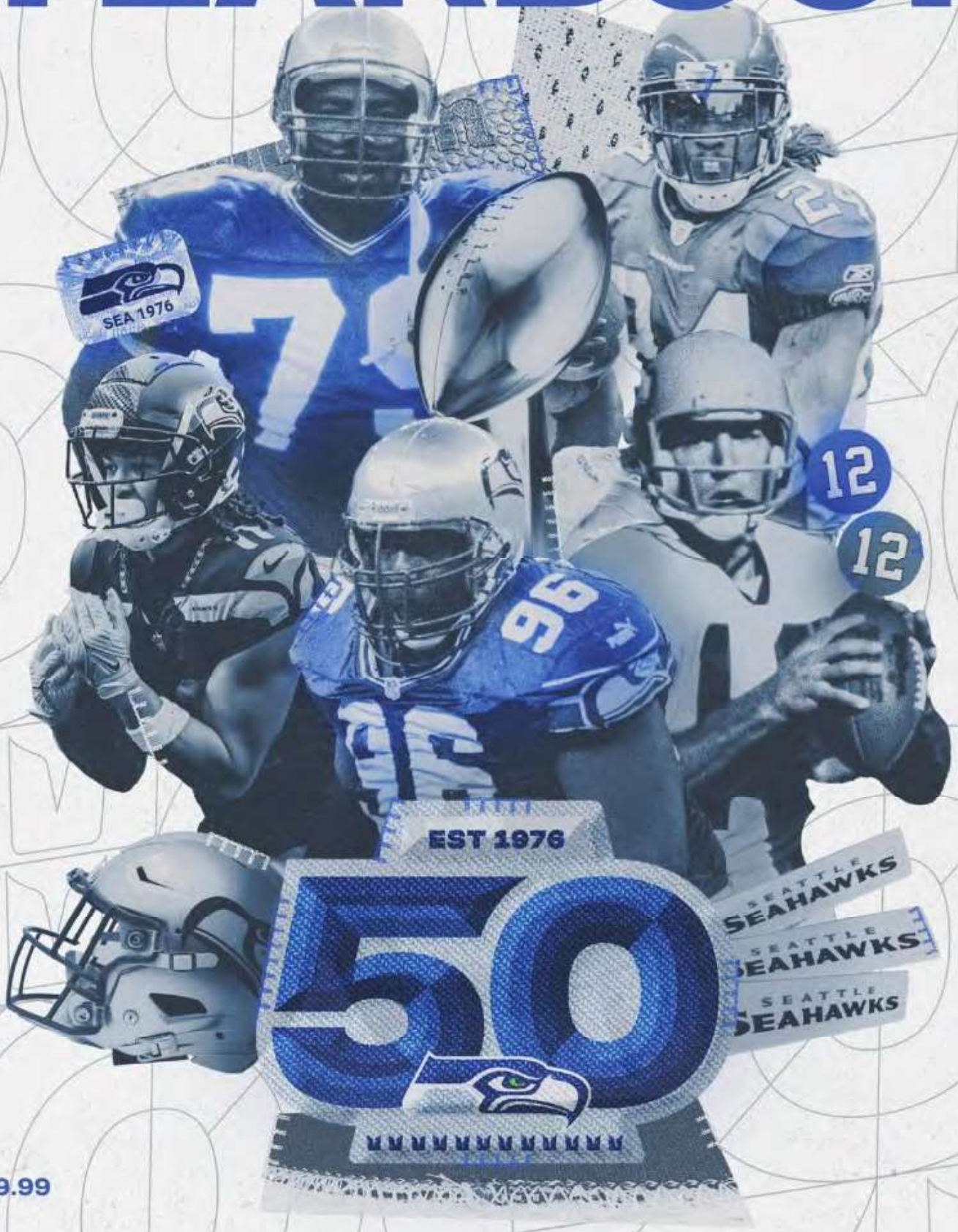
SEATTLE SEAHAWKS
2025 OFFICIAL TEAM YEARBOOK

YEARBOOK



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2025 SCHEDULE

PRESEASON

Day	Date	Opponent	Time (PT)	TV
Thursday	Aug. 7	Las Vegas Raiders	7:00 p.m.	KING 5
Friday	Aug. 15	Kansas City Chiefs	7:00 p.m.	KING 5
Saturday	Aug. 23	at Green Bay Packers	1:00 p.m.	KING 5

REGULAR SEASON

Day	Date	Opponent	Time (PT)	TV
Sunday	Sept. 7	San Francisco 49ers	1:05 p.m.	FOX
Sunday	Sept. 14	at Pittsburgh Steelers	10:00 a.m.	FOX
Sunday	Sept. 21	New Orleans Saints	1:05 p.m.	CBS
Thursday	Sept. 25	at Arizona Cardinals	5:15 p.m.	Prime Video
Sunday	Oct. 5	Tampa Bay Buccaneers*	1:05 p.m.	CBS
Sunday	Oct. 12	at Jacksonville Jaguars*	10:00 a.m.	FOX
Monday	Oct. 20	Houston Texans	7:00 p.m.	ESPN+
Sunday	Oct. 26	Bye Week		
Sunday	Nov. 2	at Washington Commanders*	5:20 p.m.	NBC
Sunday	Nov. 9	Arizona Cardinals*	1:05 p.m.	CBS
Sunday	Nov. 16	at Los Angeles Rams*	1:05 p.m.	FOX
Sunday	Nov. 23	at Tennessee Titans*	10:00 a.m.	FOX
Sunday	Nov. 30	Minnesota Vikings*	1:05 p.m.	FOX
Sunday	Dec. 7	at Atlanta Falcons*	10:00 a.m.	FOX
Sunday	Dec. 14	Indianapolis Colts*	1:25 p.m.	CBS
Thursday	Dec. 18	Los Angeles Rams*	5:15 p.m.	Prime Video
TBD	TBD	at Carolina Panthers	TBD	TBD
TBD	TBD	at San Francisco 49ers	TBD	TBD

** Game time subject to NFL Flexible Scheduling*

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SENIOR LEADERSHIP

JODY ALLEN
CHAIR, SEATTLE SEAHAWKS

Jody Allen is Chair of the Seattle Seahawks and a proud 12 herself, recognizing the team's role as a powerful catalyst for civic pride. She is also chair of Vale Group, which she co-founded with brother Paul G. Allen in 1986. For decades, they worked side-by-side across a range of business and philanthropic initiatives. She led development of Lumen Field and Lumen Field Event Center, as well as the Moda Center, home of the Portland Trail Blazers of which she is also chair.

Jody is also co-founder, board chair, and president of the Allen Family Philanthropies, founding director of MoPOP, Seattle's acclaimed museum of popular culture, co-founder and board chair of the Allen Institute, working to solve some of the biggest mysteries of bioscience, and a board member of the Allen Institute for Artificial Intelligence (Ai2). As trustee of the Paul G. Allen Trust, Jody works to ensure Paul's vision is realized for generations to come.

BERT KOLDE
VICE CHAIR, SEATTLE SEAHAWKS

Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and oversees the long-term strategy and business operations of the teams and their affiliates.

Kolde has been on the Seahawks leadership team for over 25 years. He played an instrumental role in Paul Allen's purchase of the Seahawks, spearheading the legislation and referendum that led to the development of Lumen Field. Bert works closely with Jody Allen on all Seahawks-related matters.

Kolde grew up in Seattle and earned a degree in finance from Washington State University and received his MBA from the University of Washington.

CHUCK ARNOLD
PRESIDENT, SEAHAWKS AND FIRST & GOAL INC.

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Arnold is responsible for all financial and business operations, sales, marketing and administration for the Seahawks. As president of First & Goal Inc., he directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is entering his 32nd season with the Seahawks. Prior to being named president, he served as COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks organization continues to be one of the strongest in the NFL, setting franchise records for overall ticket, suite and sponsorship revenue, and maintaining a streak of 180 consecutive home game sellouts going into the 2025 season.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement.

Arnold's commitment to making an impact off the field continues to be one of the organization's top areas of focus. The club supports over 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region in areas including youth empowerment, the future of football, social justice, community response, and the military community.

Lumen Field continues to be one of the toughest places for opposing teams to play and has one of the best in-stadium fan experiences in the NFL. Arnold's vision to create memorable experiences and cultivate genuine relationships with the 12s has led the team to consistently rank in the top 10 of the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Beyond football, Lumen Field continues to be one the busiest sports & entertainment venues in the region, hosting more than two million guests each year. The venue has hosted numerous concerts with global musical artists including Beyoncé, Coldplay, Metallica, Rolling Stones, Taylor Swift, and U2, in addition to events such as Monster Jam, Supercross, corporate summits and flat shows. Showcasing its readiness to host high-profile international events, in 2022 Lumen Field was named a host venue for the 2026 FIFA World Cup. The venue is scheduled to host six matches, including one featuring the U.S. Men's National Team, as part of the world's most premier international soccer tournament that

will span matches across three countries. In advance of the 2026 FIFA World Cup, Lumen Field will also host six matches for FIFA's first-ever Club World Cup in 2025, featuring Seattle Sounders FC, Atlético de Madrid, Paris Saint-Germain, Botafogo, CA River Plate, Urawa Reds, and FC Internazionale.

In February 2025, Arnold was recognized by the Seattle Sports Commission as 2025 Sports Leader of the Year. He was also recognized by the Puget Sound Business Journal as a 2024 Director of the Year for his board of directors service.

Arnold is currently a member of the NFL Fan Engagement and Major Events Committee. He joined the Virginia Mason Franciscan Health Board of Directors in 2023 and serves on the BDA and Boeing Classic Advisory Boards. He is also a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer.

JOHN SCHNEIDER
PRESIDENT OF FOOTBALL OPERATIONS/GENERAL MANAGER

John Schneider enters his 16th season as general manager of the Seattle Seahawks, adding the title of president of football operations in January of 2024, managing all aspects of the Seahawks roster and draft process while overseeing the head coach hiring process that landed Pro Football Writers of America's 2023 Assistant Coach of the Year in Mike Macdonald. Macdonald led Seattle to a 10-7 record in 2024, marking the most wins by a first-year head coach in franchise history. Schneider joined the Seahawks on January 19, 2010, as general manager, and added executive vice president distinction in 2013.

Beginning his 33rd season working in the professional ranks in 2025, Schneider's philosophy of building through the draft while making strategic acquisitions via trade and free agency fosters a sustained championship caliber atmosphere.

The signs of that philosophy have been evident during the last decade-plus, advancing to the Divisional Playoffs or better seven times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Together with Pete Carroll from 2010-23 and now Macdonald, the Seahawks compiled the sixth-best record in the NFL since 2010 with a 147-96-1 mark and is one of seven teams to win at least 140 games over that span. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including nine of the last 13 seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 3,900 transactions prior to the 2025 season, helping to cultivate depth on one of the NFL's most talented rosters.

His three draft classes from 2022-24 have landed foundational players: Byron Murphy and Tyrice Knight, along with the acquisition of Ernest Jones IV in a midseason trade, led a defensive turnaround over the final half of the 2024 season. With an additional 2023 first-round selection (No. 5) acquired from Denver in the trade for Russell Wilson, Schneider selected Devon Witherspoon, who became Seattle's second AP Defensive Rookie of the Year nominee in as many years, and has been selected to the Pro Bowl in each of his first two seasons, becoming the fifth Seahawks player to accomplish that feat. Fellow rookie Jaxon Smith-Njigba (No. 20 overall), finished second in franchise history for most receptions by a rookie with 63 and then tied the franchise-record with 100 receptions in 2024.

He and his personnel department were awarded the 2022 Best Draft Award by Inside the League founder Neil Stratton at the 2023 NFL Combine, an award voted on by fellow scouts and personnel members. The 2022 class featured seven players who made significant contributions on offense, defense or special teams, including five starters: Coby Bryant, Charles Cross, Abraham Lucas, Kenneth Walker III and Riq Woolen. Woolen was a finalist for AP Defensive Rookie of the Year honors, while Walker was a finalist for AP Offensive Rookie of the Year. Lucas and Cross became the first rookie tackle duo to start a team's first 15 games since the 1970 merger, while Seattle ranked second in the NFL in games started by rookies (70) and offensive and defensive snaps played by rookies (4,868).

Schneider's 2012 draft class was regarded as a failure outside Seahawks headquarters but was one that produced potential Hall of Famers in Bobby Wagner, Russell Wilson, and integral pieces in draftees Bruce Irvin, Jeremy Lane and J.R. Sweezy helping lead Seattle to back-to-back Super Bowl appearances in 2013-14. A 2012 fifth-round pick (#147, LB Tank Carder) was also used in the 2010 trade when Seattle acquired Marshawn Lynch from Buffalo, solidifying Seattle's physical identity.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency since his inaugural season. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas III.

He orchestrated 13 trades in 2010 as general manager, 12 in 2017 and 13 in 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Charles Cross, Michael Dickson, Quandre Diggs, Jimmy Graham, Percy Harvin, Bruce Irvin, Ernest Jones IV, Tyler Lockett, Lynch, Boye Mafe, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate, Wagner, Leonard Williams and Witherspoon.

His roster has included 15 first-team All-Pro selections since 2012, and without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 32 different players selected from 2011-24: Wagner (9), Wilson (9), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Diggs (3), Doug Baldwin (2), Nick Bellore (2), Brown (2), Graham (2), Metcalf (2), Geno Smith (2), Max Unger (2), Devon Witherspoon (2), Jamal Adams, Cliff Avril, Brandon Browner, Dickson, Shaquill Griffin, Lockett, Julian Love, Jason Myers, Okung, Tyler Ott, Michael Robinson, Jaxon Smith-Njigba, Leon Washington, Leonard Williams, K.J. Wright and Woolen. All of these players, except Unger, were added via draft, trade or free agency after Schneider took over.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers on March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Commanders (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under Executive Vice President/General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96), and played an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europa and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, joining Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer in Washington in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

In 2012, John and his wife Traci launched "Ben's Fund." Named after their oldest son, "Ben's Fund" provides grants to young adults and families in order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. With the support of the organization and community, they have partnered to raise more than $5.7 million for "Ben's Fund," awarding more than 3,900 grants in 14 years.

In addition to their fundraising efforts, the Schneiders spearheaded the opening of the "A-OK Sensory Room" at Lumen Field in 2019 in order to better support guests with sensory needs. In 2022, the room was renovated and re-dedicated as "Ben's Room." The space continues to offer guests at Lumen Field a safe and calming environment for those who need a respite from the noise and excitement that comes with the Seahawks gameday experience.

Schneider serves on the GM Advisory Committee and the Club Executive Committee Working Group. He earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born on May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, and Jack.

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"12 FLAG" RAISERS

Date	Opponent	Flag Raiser
2003		
10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Former Seahawks DT)
11/2	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)
2004		
8/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
9/2	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
9/26	San Francisco	Dave Krieg (Former Seahawks QB)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Former Seahawks S)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/6	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
1/2/05	Atlanta	Mothers of Seahawks Players
1/8/05	St. Louis	Ring of Honor Members
2005		
8/22	Dallas	David Eger (Inaugural Boeing Classic Champion)
9/2	Minnesota	Sam McCullum (Former Seahawks WR)
9/18	Atlanta	Joe Nash (Former Seahawks NT)
9/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efren Herrera (Former Seahawks K)
11/13	St. Louis	Manu Tuiasosopo (Former Seahawks DT)
11/27	N.Y. Giants	Lorenzo Romar (UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Former Seahawks S)
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
1/14/06	Washington	Ken Hamlin (Former Seahawks S)
1/22/06	Carolina	Paul Allen (Seahawks Chairman)
2006		
8/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
8/31	Oakland	Norm Johnson (Former Seahawks K)
9/17	Arizona	Cortez Kennedy (Former Seahawks DT)
9/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)
11/6	Oakland	Warren Moon (Pro Football Hall of Fame)
11/12	St. Louis	Lenny Wilkens (Former Seattle Sonics Coach)
11/27	Green Bay	Kasey Kahne (NASCAR Driver)
12/14	San Francisco	Bill "The Beerman" Scott
12/24	San Diego	Josh Lucas (Actor)
1/6/07	Dallas	Marcus Trufant (Former Seahawks CB)
2007		
8/25	Minnesota	Dan Doornink (Former Seahawks FB)
8/30	Oakland	Jeff Bryant (Former Seahawks DT)
9/9	Tampa Bay	Mama Blue (Longtime Seahawks Fan)
9/23	Cincinnati	Apolo Ohno (Olympian)
10/14	New Orleans	Mack Strong (Former Seahawks FB)
10/21	St. Louis	Ichiro Suzuki (Former Mariners CF)
11/12	San Francisco	Drew Carey (Sounders FC Owner, Actor)
11/18	Chicago	Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
12/9	Arizona	Sig Hansen (Deadliest Catch)
12/23	Baltimore	Robbie Tobeck (Former Seahawks C)
1/5/08	Washington	Jamie Moyer (Former Mariners Pitcher)
2008		
8/16	Chicago	Paul Moyer (Former Seahawks S)
8/29	Oakland	J.P. Patches (Childrens TV Personality)
9/14	San Francisco	Chris Gray (Former Seahawks G)
9/21	St. Louis	Kenny Mayne (ESPN Reporter)
10/12	Green Bay	Gary Payton (Former NBA and Sonic All-Star)
11/2	Philadelphia	John L. Williams (Former Seahawks FB)
11/16	Arizona	Ricky Watters (Former Seahawks RB)
11/23	Washington	Hope Solo (U.S. Olympian)
12/7	New England	Sam Adkins (Former Seahawks QB)
12/21	N.Y. Jets	Kathy Holmgren (Coach Mike Holmgren's wife)
2009		
8/22	Denver	Central Washington softball players
9/3	Oakland	Jon Fine (United Way CEO)
9/13	St. Louis	Jacob Green (Former Seahawks DE)
9/27	Chicago	Jim Whittaker (Mountaineer)
10/11	Jacksonville	Edwin Bailey (Former Seahawks G)
10/18	Arizona	Rusty Tillman (Former Seahawks Coach)
11/8	Detroit	Huston Riley (Military Veteran)
12/6	San Francisco	Fred Brown, John Johnson, Gus Williams (Former SuperSonics)
12/20	Tampa Bay	Kasey Keller (Former USMNT Goalie)
1/3/10	Tennessee	Ken Griffey, Jr. (former Mariners CF)
2010		
8/14	Tennessee	J.R. Celski (Olympic speedskater)
8/21	Green Bay	Frank Beede (Former Seahawks G; National Teacher of the Year)
9/12	San Francisco	Chad Brown (Former Seahawks LB)
9/26	San Diego	Nate McMillan (Former Sonics G)
10/24	Arizona	Isaiah Kacyvenski (Former Seahawks LB)
11/7	N.Y. Giants	Buck Compton (War Veteran)
11/28	Kansas City	Tom Skerritt (Actor)
12/5	Carolina	Howard Mudd (Former Seahawks OL coach)
12/19	Atlanta	Tim Lincecum (Former UW and MLB pitcher)
1/2/11	St. Louis	Brian Blades (Former Seahawks WR)
1/8/11	New Orleans	Walter Jones (Former Seahawks T)

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Date	Opponent	Flag Raiser
2011		
8/20	Chicago	Chip Hanauer (Hydroplane Racing Legend)
9/2	Oakland	Greg Haugen (World Boxing Champion)
9/25	Arizona	Chris Warren (Former Seahawks RB)
10/2	Atlanta	Jason Terry (NBA Guard)
10/30	Cincinnati	Felix Hernandez (Mariners Pitcher)
11/13	Baltimore	George Hickman (War Veteran)
11/27	Washington	Rufus Porter (Former Seahawks LB)
12/1	Philadelphia	Bill Russell (NBA Hall of Fame)
12/12	St. Louis	Cortez Kennedy (Pro Football Hall of Fame)
12/24	San Francisco	Shawn Kemp (Former Sonics Great)
2012		
8/11	Tennessee	Steve August (Former Seahawks T)
8/30	Oakland	2012 Olympians
9/16	Dallas	Shawn Springs (Former Seahawks CB)
9/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/4	Minnesota	Detlef Schrempf (Former UW and Sonics F)
11/11	N.Y. Jets	Joe Moser (War Veteran)
12/9	Arizona	Jon Kitna (Former Seahawks QB)
12/23	San Francisco	Sam Adams (Former Seahawks DT)
12/30	St. Louis	Sigi Schmid (Sounders FC Head Coach)
2013		
8/17	Denver	Blair Bush (former Seahawks C)
8/29	Oakland	Derrick Jensen (former Seahawks scout)
9/15	San Francisco	Shaun Alexander (former Seahawks RB)
9/22	Jacksonville	Jack Sikma (former Sonics F/C)
10/13	Tennessee	Sammamish Little League Team
11/3	Tampa Bay	1983 Seahawks playoff team
11/17	Minnesota	Bruce Crandall (Vietnam War veteran)
12/2	New Orleans	Fred Couples (Golfer)
12/22	Arizona	Nathan Adrian (Olympic swimmer)
12/29	St. Louis	Jay Buhner (former Mariners OF)
1/11/14	New Orleans	Jim Zorn (former Seahawks QB)
1/19/14	San Francisco	Paul Allen (Seahawks Chairman)
2014		
8/15	San Diego	First Responders to Oso Mudslide
8/22	Chicago	DeAndre Yedlin (Former Sounders FC D)
9/4	Green Bay	Walter Jones, Cortez Kennedy, Steve Largent (NFL Hall of Fame)
9/21	Denver	Nate Robinson (NBA guard)
10/12	Dallas	Jordan Babineaux (Former Seahawks S)
11/2	Oakland	Chris Gray, Steve Hutchinson, Sean Locklear, Robbie Tobeck(Former Seahawks Linemen)
11/9	N.Y. Giants	Scott Smiley (War Veteran)
11/23	Arizona	Lawyer Milloy (Former Seahawks S)
12/14	San Francisco	John Olerud (Former MLB 1B)
12/28	St. Louis	George Karl (NBA Head Coach)
1/10/15	Carolina	Kenny Easley (Seahawks Ring of Honor)
1/18/15	Green Bay	Paul Allen (Seahawks Chairman)
2015		
8/14	Denver	Steve Niehaus (former Seahawks DL)
9/3	Oakland	Norm Evans (former Seahawks T)
9/27	Chicago	Darrell Jackson (former Seahawks WR)
10/5	Detroit	Nelson Cruz (Mariners OF)
10/18	Carolina	Sir Mix-a-Lot (Rapper)
11/15	Arizona	Clayton Pitre (War Veteran)
11/22	San Francisco	Randy Johnson (MLB Hall of Famer)
11/29	Pittsburgh	Spencer Haywood (NBA Hall of Famer)
12/20	Cleveland	Michael Sinclair (former Seahawks DE)
12/27	St. Louis	Joel McHale (Comedian)
2016		
8/18	Minnesota	Daniel Lyon (Fire Fighter)
8/25	Dallas	Miesha Tate (UFC Fighter)
9/11	Miami	Jack Patera (Former Seahawks Head Coach)
9/25	San Francisco	Jamal Crawford (NBA Guard)
10/16	Atlanta	Duff McKagan (Musician)
11/7	Buffalo	Nate Boyer (Military Veteran)
11/20	Philadelphia	Robinson Cano (Mariners 2B)
12/4	Carolina	Ricardo Lockette (Former Seahawks WR)
12/15	L.A. Rams	Chris Petersen (UW Football Head Coach)
12/24	Arizona	Nate Burleson (Former Seahawks WR)
1/7/17	Detroit	Steve Hutchinson (Former Seahawks G)
2017		
8/18	Minnesota	Mike McClaughry (Mt. Vernon Police Officer)
8/25	Kansas City	Sue Bird (Seattle Storm Guard)
9/17	San Francisco	Lofa Tatupu (Former Seahawks LB)
10/1	Indianapolis	Walter Jones, Steve Largent, Courtney Kennedy (representing the late Cortez Kennedy, Seahawks Hall of Famers)
10/29	Houston	Dan Wilson (Former Mariners C)
11/5	Washington	Sidney Rice (Former Seahawks WR)
11/20	Atlanta	Barbara Nichols (Military Veteran)
12/3	Philadelphia	Chris Pratt (Actor)
12/17	L.A. Rams	State Championship High School Coaches
12/31	Arizona	Sam Perkins (Former Sonics F)
2018		
8/9	Indianapolis	Federal Way Thunder (Special Olympics United Flag Football)
8/30	Oakland	T.J. Oshie (NHL RW)
9/23	Dallas	Kam Chancellor (Former Seahawks S)
10/7	L.A. Rams	Red Bryant (Former Seahawks DE)
11/4	L.A. Chargers	In Memory of Paul Allen
11/15	Green Bay	Art Unruh (Military Veteran)
12/2	San Francisco	Jeffrey Dean Morgan (Actor)
12/10	Minnesota	Matt Hasselbeck (Former Seahawks QB)
12/23	Kansas City	Cliff Avril (Former Seahawks DE)
12/30	Arizona	State Championship High School Coaches
2019		
8/8	Denver	1979 Seattle Sonics championship team
8/29	Oakland	Katelyn Ohashi (UCLA Gymnast)
9/8	Cincinnati	Zach Miller (Former Seahawks TE)
9/22	New Orleans	Jeff Bryant, Jacob Green, Joe Nash (Former Seahawks DL)
10/3	L.A. Rams	Jody Allen (Seahawks Chair)
10/20	Baltimore	Mike McCready (Musician)
11/3	Tampa Bay	Ryan Hendrickson (Military Veteran)
12/2	Minnesota	Dave Matthews (Musician)
12/22	Arizona	State Championship High School Coaches
12/29	San Francisco	Brian Bosworth (Former Seahawks LB)

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"12 FLAG" RAISERS

Date	Opponent	Flag Raiser
2020		
9/13	New England	Dr. Eliot Fagley (Virginia Mason Medical Center COVID-19 Response Team)
9/27	Dallas	Masaki Matsumoto (Lincoln H.S. Head Football Coach)
10/11	Minnesota	Dr. Ben Danielson (Odessa Brown Children's Clinic)
11/1	San Francsico	Lt. Adam Villard & Chris Hoagland (Spokane County Fire Station 81)
11/19	Arizona	A1C Ian Storm & SPC Tyler Pierson (Washington Army National Guard)
12/6	N.Y. Giants	Brooke Brown & Melito Ramirez (Washington State Teacher of the Year & Washington State Classified School Employee of the Year)
12/13	N.Y. Jets	Sean Goode (Executive Director/CHOOSE 180)
12/27	L.A. Rams	12s Everywhere (12s around the globe were chosen to raise flag in their hometown)
1/9	L.A. Rams	Seahawks COVID-19 Testing Team
2021		
8/21	Denver	Dr. Helen Chu (Washingtonian of the Year)
8/28	L.A. Chargers	Nevin Harrison (2020 Olympic Gold Medalist)
9/19	Tennessee	Doug Baldwin (2021 Seahawks Legend of the Year)
10/7	L.A Rams	Robbie Tobeck (Seahawks Legend)
10/25	New Orleans	Matt Hasselbeck (Seahawks Legend and Ring of Honor Inductee)
10/31	Jacksonville	Mike Holmgren (Former Seahawks Head Coach and Ring of Honor Inductee)
11/21	Arizona	Alfie Alvarado-Ramos (Command Sergeant Major)
12/5	San Francisco	Michael Bennett (Seahawks Legend)
12/26	Chicago	HS FB State Champions Head Coaches (PJ)
1/2	Detroit	Jermaine Kearse (Seahawks Legend)
2022		
8/18	Chicago	Paolo Banchero (NBA Forward)
9/12	Denver	K.J. Wright (Seahawks Legend)
9/25	Atlanta	Sue Bird (Seattle Storm)
10/16	Arizona	Shaun Alexander (Seahawks Legend and Ring of Honor Inductee)
10/30	N.Y. Giants	Earl D Plumlee (Medal of Honor recipient)
11/27	Las Vegas	Cal Raleigh (Mariners Catcher)
12/11	Carolina	Jo Koy (Comedian)
12/15	San Francisco	Jordan Morris and Christian Roldan (Seattle Sounders)
1/1	N.Y. Jets	Rainn Wilson (Actor)
1/8	L.A. Rams	"Day One" 12s (season ticket holders since 1976)
2023		
8/10	Minnesota	Ross Mathews (TV Personality)
8/19	Dallas	Seneca Wallace (Seahawks Legend)
9/10	L.A. Rams	Ricky Watters (Seahawks Legend)
9/24	Carolina	Malcolm Smith (Seahawks Legend)
10/22	Arizona	Gus Johansson (Cancer survivor and Seahawks super fan)
10/29	Cleveland	Bill Nye (Science Engineer)
11/12	Washington	Jim Martinson (Vietnam War veteran)
11/23	San Francisco	Blake Snell (MLB Pitcher)
12/18	Philadelphia	Golden Tate (Seahawks Legend)
12/31	Pittsburgh	Julio Rodriquez (Seattle Mariners Center Fielder)
2024		
8/24	Cleveland	UW Rowing Olympic Team
9/8	Denver	Kam Chancellor (Seahawks Legend)
9/22	**Miami**	**Jordan Chiles (Olympian)**
10/6	N.Y. Giants	Walter Jones (Hall of Famer and Seahawks Legend)
10/10	San Francisco	Marcus Trufant (Seahawks Legend)
10/27	Buffalo	Lofa Tatupu (Seahawks Legend)
11/3	L.A. Rams	Kasey Keller (Former USMNT Goalie)
11/24	Arizona	Harvey J. Drahos (Purple Heart recipient and and World War II Veteran)
12/15	Green Bay	Jon Ryan (Seahawks Legend)
12/22	Minnesota	Lenny Wilkens (Former Seattle Sonics coach)

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Jordan Chiles

YAMAHA

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COMMUNITY IMPACT

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YOUTH EMPOWERMENT

12 PAGES SUMMER READING

12 Pages Summer Reading program presented by PEMCO had over 1,100 youth reading over 797,801 minutes combined. The top reader was recognized on the field during the Browns game and received a special Blitz visit at their school. Through the PEMCO & YouGiveGoods Supply Drive, collected 2,779 school supplies, including 571 books for over 5,000 students in 12 Washington schools.

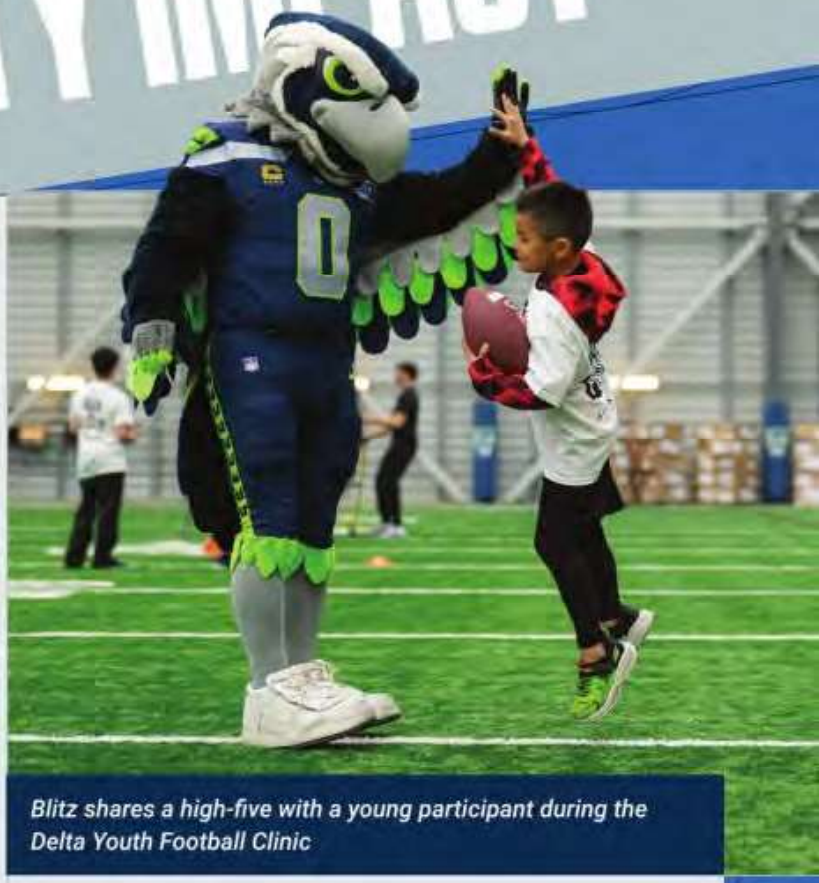
12 PAGES READING VISITS (PRESENTED BY PEMCO)

A year-round literacy campaign that brings Seahawks Legends, Blitz, and Dancers to elementary schools to read to students and distribute free books. Visits focus on making reading fun and accessible, with hundreds of students participating at each school.

CHARACTER PLAYBOOK

A character education program that supports social-emotional learning for middle school students in partnership with EVERFI. Celebrated standout participants with visits from Seahawks players, Legends, and Dancers to recognize their achievements.

Legend, Garry Gilliam, reads to students on a school visit for the 12 Pages Reading program



Blitz shares a high-five with a young participant during the Delta Youth Football Clinic

BACK TO SCHOOL BLITZ

A high-energy pep rally campaign held at local middle schools to celebrate the return to school and kickoff of the NFL season. Events featured Seahawks Legends, Blitz, Dancers, Blue Thunder, and interactive fan experiences.

HAWKS ON THE YARD

A college and career readiness initiative focused on empowering minority students. Launched with a player-led panel discussion and will include an HBCU campus tour in partnership with UNCF to promote access and opportunity in higher education.

GAME CHANGERS (PRESENTED BY BECU)

The Seahawks launched the Game Changers program in partnership with RISE and BECU. Each week, 50 youth from Boys & Girls Clubs of King County participated in leadership, DEI, and social justice programming. The initiative also included financial literacy training at BECU, a special gameday celebration, and $5,000 scholarships awarded to two standout students.

NATIONAL GIRLS AND WOMEN IN SPORTS DAY

An empowerment initiative celebrating young girls in sports. Seahawks Dancers visited the Boys & Girls Clubs of King County to promote confidence, participation, and representation in athletics.

TEE HAWK (IN PARTNERSHIP WITH SAFEWAY)

A feel-good game day experience where one deserving child retrieves the kicking tee on the field. Honorees have included cancer survivors, young fundraisers, and youth athletes, celebrating their strength and contributions.

STEM CARE PACKAGE DRIVE

Built and distributed 500 STEM care packages through local schools. Lumen volunteers also facilitated hands-on STEM activities at Chief Sealth High School.

COMMUNITY RESPONSE

MENTAL HEALTH MATTERS

The Seahawks are committed to destigmatizing the conversation around mental health by spreading awareness on the topic, providing necessary resources, positively engaging with our community, amplifying the voices of experts in this space, and encouraging all people to nurture their mental wellness every day. The year-long initiative included:

- Team Clinician Roy Fisher and LB Boye Mafe participated in a panel discussion at Nelson Middle School in partnership with the Family First Community Center and Healthpoint.
- Blitz and WR Jake Bobo awarded $10,000 in scholarships to two University of Washington students pursuing their Master's in Applied Child and Adolescent Psychology.
- In collaboration with the Seattle Sports Commission and other local teams, the Seahawks hosted a citywide conversation with the U.S. Surgeon General addressing mental health and the epidemic of loneliness and isolation.
- The team partnered with the Pro Football Hall of Fame for the Strong Youth Strong Communities summit, where Legends Ben Obomanu, McClendon Curtis and Raiqwon O'Neal emphasized the importance of prioritizing mental wellness.

YOUTH EKG SCREENINGS

In partnership with Virginia Mason Franciscan Health and the Nick of Time Foundation, provided free heart screenings and CPR/AED training for over 700 youth and families at the Virginia Mason Athletic Center.

EARTH DAY

Partnered with Coca-Cola for a beach cleanup at Golden Gardens Park with appearances by Blitz and the Coca-Cola polar bear. Also included a youth football activation at Concord Elementary with the King County Play Equity Coalition.

SWANSON GARDEN GRAND OPENING

Celebrated the launch of a new garden at Twin Lakes Elementary, built in partnership with Swanson's Nursery to promote sustainability and hands-on learning.

Youth football activation at Concord Elementary with the King County Play Equity Coalition

DELTA COMMUNITY CAPTAIN (PRESENTED BY DELTA AIR LINES)

The Seahawks and Delta Air Lines have teamed up to recognize individuals and organizations making a difference in the Seattle community. Honorees are named Delta Community Captains to spotlight their leadership, values, and positive impact across the Pacific Northwest. Captains are surprised and celebrated for their efforts in fields such as education, youth empowerment, military service, and social justice.

2024 Honorees included:

- **Crystal Dixon** – Director of Strategic Impact at Pike Place Market Foundation
- **Dr. Quinton Morris** – Seattle Symphony, for advancing youth education
- **Luke Michener** – Bellevue High School educator, for experiential learning leadership
- **Corporal Miller** – Marine Toys for Tots, for military and holiday service
- **Yaoyao Liu** – Seattle Art Museum, for advancing equity in arts education
- **Scooter Lewis** – Permission to Start Dreaming Foundation, for veteran mental health advocacy

Legend Randall Morris reads to students as a part of the 12 Pages Reading Program

SEAHAWKS HOLIDAY CHEER

Included:

- In partnership with Safeway, **Seahawks Dancers** participated in the Friends of the Children Friendsgiving event and provided suite tickets as prizes for their vibe bingo activity.
- **TE Pharaoh Brown** hosted a turkey giveaway at the food bank at St. Mary's Hospital.
- To celebrate Thanksgiving, **QB Geno Smith** held his annual Turkey Drive giving away meals and Safeway gift cards to families.
- **T Charles Cross and Blitz** joined Delta for their annual Holiday in the Hangar event spreading holiday cheer for families from South Seattle's YMCA.
- **Rookies** visited a local Safeway and surprised shoppers with gift cards to pay for their groceries.
- **TE Pharoah Brown** partnered with Pay Away the Layaway by surprising families by paying off their holiday and back-to-school layaway balances.
- **QB Geno Smith, Blitz and Seahawks Dancers** visited patients at Seattle Children's and provided holiday gifts.
- **WR Jaxon Smith-Njigba** visited patients at Harborview Medical Center spreading holiday cheer.
- **LB Uchenna Nwosu** hosted a coat drive at Treehouse in Seattle.

MAKE-A-WISH

Granted wishes for four children with activities including visits to VMAC, a welcome dinner with Legend Doug Baldwin, stadium tours, and gameday experiences.

Legend Doug Baldwin poses with a Make-A-Wish nominee during his visit

BLOOD DRIVE AT LUMEN FIELD

Hosted in partnership with American Red Cross and Delta Air Lines, the Seahawks organized a blood drive featuring appearances from Blitz, S Julian Love, and Legend Marcus Trufant. The event brought in 55 donors and supported ongoing health needs across the region.

Volunteers hand out meals for Hometown Harvest at the Seahawks vs Cardinals game

SERVICE & VOLUNTEERISM

- **One Seattle Day of Service**
  Joined Mayor Bruce Harrell's citywide volunteer effort with Seahawks staff and Legend Cliff Avril.
- **Teammate Day of Service**
  Teammate Day of Service: Over 150 teammates and partners volunteered at five locations: Woodland Park Zoo, Rainier Beach Urban Farm, Odessa Brown Children's Clinic, The Salvation Army, and Seattle World School.
- **Intern Day of Service**
  Seahawks and FGI interns volunteered with Habitat for Humanity for the Veteran's Build Project.

ALASKA COMMUNITY TOUR

A multi-stop tour including visits to children's hospitals, football camps, cultural exchanges, and fundraising events — raising over **$100,000** for Kicks4Kids and engaging over 100 youth in flag football.

HOME TEAM SUMMER & HOME TEAM HARVEST

In partnership with Safeway and KING5, provided over 38,000 meals to Northwest Harvest through Home Team Summer and Football Fest food drive. Raised over 1.5 million meals through gameday food drives and donations for Home Team Harvest.

TOYOTA X INVESTED

Presented a **$5,000** donation to support student needs through the False Starts Community Program.

PROJECT 100

Donated **$15,000** to help install AEDs in public parks. Celebrated with a ribbon-cutting at Crestwoods Park.

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50/50 RAFFLE PROGRAM (PRESENTED BY STARBUCKS)

In its third year, the 50/50 raffle raised record-breaking funds with over a **20%** increase from 2023. Proceeds supported 12 Spirit of 12 Partners.

Highlights:

- **$1.1M donated to Spirit of 12 Partners**
- **581 total volunteers**
- **Beneficiaries**: American Cancer Society, Camp Korey, Community Passageways, Compass Housing Alliance, Girls on the Run Puget Sound, NAMI Seattle, NW Harvest, Outdoors for All, Seattle Out & Proud, Task Force 12, Virginia Mason Franciscan Health Foundation, YMCA of Greater Seattle

SEAHAWKS COMMUNITY PRESENTED BY SAFEWAY

Announced that Safeway will expand its long-standing partnership with the club to include enlistment of the team's community activities throughout the year, a Safeway patch on community jerseys worn by players and legends at events and Safeway will serve as the presenting partner of the team's new Seahawks Community Awards launching this season.

TRAINING CAMP

At Training Camp this year, 180 volunteers from our Spirit of 12 Partners raised over $10,000 through yearbook sales across nine practices. We engaged with 28 non-profit and community groups through Community Corner, Spirit of 12, and non-profit booth activations. Over 5,100 tickets were donated to community groups in total. More than 600 kids participated in our Seahawks Flag Football Skills & Drills Clinic with 15 youth football teams from both the tackle and flag space creating player walk out tunnels before each practice. USAA hosted Military Day on the Patio and the Blue Angels and Army Rangers also visited with the team, and had 17 Legends appearances where they engaged with fans, signed autographs.

SEASON TICKET HOLDER DONATIONS

Announced a donation of $12,875 combined to Women's Sports Foundation and Soldiers to Sidelines as a result of 515 Season Ticket Holders who chose to forego receiving their annual kickoff gift and instead had the Seahawks donate on their behalf..

TEAM OF CHAMPIONS POWERED BY BOEING:

Nine organizations were recognized for their community work and received tickets to Seahawks home games, a visit from Legend Marcus Trufant, co-branded Seahawks and Boeing giveaways and were recognized in-game. The 2024 organizations were:

- **American Red Cross**
- **NW Region**
- **Cocoon House**
- **Earth Gen**
- **Girl Scouts of Western WA**
- **Housing Hope**
- **Nineline Veteran Services**
- **Path with Art**
- **Volunteers of America**
- **WA State Boys and Girls Club**

MILITARY COMMUNITY

MILITARY CEREMONIES AT LUMEN FIELD

The Seahawks proudly hosted several official military ceremonies at Lumen Field this season, including a reenlistment ceremony for over 50 U.S. Army soldiers and their families in partnership with Joint Base Lewis-McChord. The team also held a military promotion ceremony on the Fan Deck and an enlistment ceremony during the Salute to Service game, where 100 citizens took their oath of enlistment. Throughout the season, over 1,000 military members, veterans, and Gold Star families were honored during home games, which featured eight military flyovers and nine in-game Salute to Service recognitions. One of the season's most moving moments was when 101-year-old veteran and Purple Heart recipient Harvey Drahos raised the 12 Flag.

Head Coach Mike Macdonald addresses the team at Joint-Base Lewis-McChord

JOINT BASE LEWIS-MCCHORD ENGAGEMENT

The Seahawks deepened their long-standing relationship with JBLM through multiple engagements, including a full-team and coaching staff visit to the base. Players and coaches spent the day alongside the 1-2 Stryker Brigade Combat Team

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Navy Petty Officer First Class (ret.) Generald Wilson performs the National Anthem at the Salute to Service game vs. Arizona

for team-building exercises and to gain a better understanding of military life. The organization also hosted JBLM's annual Change of Command ceremony at the base, which included appearances from Seahawks rookies, Blitz, DJ Supa Sam, and the Seahawks Dancers, and officially recognized the U.S. Air Force as this season's honored unit. Additional visits included player appearances at the Army Rangers and 160th Airborne unit, as well as a special meet-and-greet at the VMAC for soldiers from the 1st Special Forces Group.

ARMY VS. NAVY FLAG FOOTBALL GAME

The Seahawks hosted the first-ever Army vs. Navy Flag Football Championship Game at Lumen Field. More than 1,300 active-duty service members, veterans, and their families were in attendance. The day included pre-game activities, giveaways, and fan experiences, along with appearances from Seahawks Legend Randall Morris, Boom, the Seahawks Dancers, and Blue Thunder, bringing the excitement of gameday to the military community.

CAREER & YOUTH DEVELOPMENT

To support military-to-civilian career transitions, the Seahawks partnered with FourBlock to host a military career readiness event at Lumen Field. The event welcomed 30 transitioning service members and 10 professional mentors for workshops and networking sessions. The team also collaborated with Everfi and the Medal of Honor Foundation to host a youth panel at Lumen Field, where over 100 students participated in leadership discussions focused on service, resilience, and civic responsibility.

TICKET DONATION PROGRAM – VET TIX

Through the Seahawks' ongoing partnership with Vet Tix, Season Ticket Holders donated 1,400 game tickets to veterans, active-duty service members, first responders, and their families. This initiative ensured military families could enjoy Seahawks games in person and be part of the home-field energy all season long.

SALUTE TO SERVICE

As part of the NFL's Salute to Service initiative, the Seahawks proudly honored active-duty service members, veterans, and their families through a series of impactful engagements. On October 7, the team hosted over 75 U.S. Army members and their families from Joint Base Lewis-McChord for a reenlistment ceremony at Lumen Field. Later that month, they partnered with USAA to host JBLM's annual Change of Command ceremony, where Seahawks rookies, Blitz, DJ Supa Sam, and the Seahawks Dancers engaged with more than 300 service members, officially recognizing the U.S. Air Force as the honored unit of the season. On November 16, in collaboration with Delta and Starbucks, the team welcomed 100 military families to Lumen Field for a special Military Family Day, where Scooter Lewis of the PTSD Foundation was surprised with the Delta Community Captain award for his leadership with Task Force 12. The team also took part in a Military Family Day on a Marine Corps base in Hawaii, where Seahawks staff and performers engaged with local military communities and their children through games, giveaways, and Seahawks-branded experiences.

PLAYERS & LEGENDS

LEGENDS SPRING EVENT

Over 40 Seahawks Legends gathered at the VMAC for the annual Legends Spring Event. The day included watching practice, receiving new team gear, enjoying lunch with staff, and connecting with rookies at a reception held at Legion Sports Bar, co-owned by Kam Chancellor and Richard Sherman.

SEAHAWKS CLASSIC GOLF TOURNAMENT

The Seahawks hosted the inaugural Seahawks Classic Golf Tournament at Suncadia Resort, raising $150,000 for the Benaroya Research Institute at Virginia Mason Franciscan Health. The event featured a weekend of receptions and golf, with over 40 players, Legends, and celebrities participating across multiple days.

CHAMPIONS OF CHANGE ALL-STAR BASKETBALL GAME

Legends Doug Baldwin, Michael Bennett, Cliff Avril, and K.J. Wright came together for the Champions of Change All-Star Basketball Game at Climate Pledge Arena. They were joined by current Seahawks, Seattle athletes, and entertainers to raise awareness and funds for equity-focused community programs.

BOEING CLASSIC

Legends Cliff Avril, Kam Chancellor, and Jermaine Kearse participated in the annual Boeing Classic golf tournament, which raised funds for the Virginia Mason Franciscan Health Foundation. Their appearance supported the tournament's mission of promoting health and wellness in the region.

LEGENDS WEEKEND

Nearly 80 Seahawks Legends and their guests attended Legends Weekend, a multi-day celebration that included team walkthroughs, an NFL benefits presentation, lunch, a gear giveaway, a private evening reception, gameday brunch, and pregame on-field recognition during the Seahawks vs. Broncos game.

12 FLAG

Several Seahawks Legends were honored throughout the season as 12 Flag Raisers at home games. Kam Chancellor raised the flag during the Broncos game, Walter Jones was honored during the Giants game, Marcus Trufant took the honor for the 49ers game, and Lofa Tatupu was recognized during the Bills game, continuing the tradition of spotlighting Seahawks greats for their lasting impact.

Jermaine Kearse receives the 2024 Seahawks Legend of the Year Award

LEGEND OF THE YEAR – JERMAINE KEARSE

Jermaine Kearse was presented with the 2024 Seahawks Legend of the Year award, recognizing his ongoing community involvement and dedication to giving back.

LEGENDS HOLIDAY GIVEAWAY

In partnership with AG Consulting, Legends Cliff Avril, Jordan Babineaux, Garry Gilliam, Warren Moon, Randall Morris, Ben Obomanu, Sidney Rice and Lofa Tatupu, hosted the Legends Holiday Giveaway. Twelve families from Atlantic Street Center were invited to celebrate with gifts, meals, and festive activities.

MY CAUSE MY CLEATS

Over 50 players, coaches, Legends, and Seahawks staff participated in the NFL's My Cause My Cleats campaign, customizing cleats to represent the causes they care about most. The campaign raised more than $7,500 for a range of nonprofit organizations.

COMMUNITY AWARDS

The Seahawks hosted the inaugural Seahawks Community Awards to celebrate standout contributions from players, Legends, and community partners. Hosted by actor Joel McHale, the event honored WR Tyler Lockett with the Community Heart Award, Jermaine Kearse as Legend of the Year, Doug Baldwin and Michael Bennett's Champions of Change as Non-Profit of the Year, and Mike Flood with the first-ever Mike Flood Humanitarian of the Year Award.

WALTER PAYTON NFL MAN OF THE YEAR NOMINEE

LB Uchenna Nwosu was recognized during the Seahawks vs. Packers game as the team's 2024 Walter Payton NFL Man of the Year nominee for his contributions to youth and education initiatives.

STEVE LARGENT AWARD

WR Tyler Lockett was presented with the Steve Largent Award during the Seahawks vs. Vikings game. This marked the third time he has received the award, which honors a player who exemplifies the spirit, dedication, and integrity of the Seahawks.

COMMUNITY PLAYER PICKS

As part of the Be Well WA initiative, players selected nonprofits to receive $2,000 donations. LB Uchenna Nwosu chose Fosterful, LB Derick Hall supported Shades of Motherhood, LB Boye Mafe selected Hearing, Speech and Deaf Center, T Charles Cross chose Dignity for Divas, S Julian Love picked Communities in Schools of WA, RB Kenneth Walker III supported Everytown, and QB Geno Smith donated to Seattle Children's Hospital.

Uchenna Nwosu was the Seahawks nominee for the 2024 Walter Payton NFL Man of the Year Award

SOCIAL JUSTICE

HERITAGE MONTHs

Seahawks proudly support communities of color and historically marginalized communities through various heritage month recognitions throughout the year.

- **February – Black History Month**
- **March – Women's History Month**
- **May – Asian American, Native Hawaiian, & Pacific Islander Heritage Month**
- **June – Pride Month**
- **September-October – Hispanic Heritage Month**
- **November – Native American Heritage Month**

12s Vote campaign to promote voting efforts in King County

Kenny McIntosh poses in an End Gun Violence shirt during Together We End Gun Violence week

TOGETHER WE END GUN VIOLENCE WEEK

From June 5–8, the Seahawks supported gun violence prevention efforts by hosting the Together We End Gun Violence Conference at Lumen Field. In addition, the arches were lit orange, players wore awareness shirts, and a community lockbox event was held in partnership with Urban Family.

JUNETEENTH CELEBRATION

To honor Juneteenth, the Seahawks participated in Creative Justice's Liberation for All event, with an appearance by Legend Ben Obomanu to show support and solidarity with the Black community.

GUN LOCK BOX GIVEAWAY

In partnership with the King County Regional Office of Gun Violence Prevention and local nonprofits, the Seahawks hosted a free gun lockbox giveaway at Lumen Field, where over 1,500 gun lockboxes were distributed to promote responsible firearm storage.

NFL LATINO YOUTH HONORS

Through the NFL Latino Youth Honors, recognized two local high school football players in flag and tackle for their excellence on and off the field.

12S VOTE

Throughout the year, the Seahawks launched a robust 12s Vote campaign to increase voter awareness and participation. Early efforts included a booth activation at El Centro Cultural Mexicano's Cinco de Mayo celebration and a When We All Vote registration station at Training Camp. Lumen Field also served as a King County Elections Voting Center during the primary and general elections, serving over 3,900 voters across both cycles. On National Voter Registration Day, players registered to vote in partnership with the Institute for Common Power, and Legend Doug Baldwin participated in a civic engagement panel at the University of Washington. Educational efforts continued with a voter education workshop at Rainier Beach High School featuring Legend Ben Obomanu. Leading up to the election, in-stadium pop-up booths encouraged fans to drop off their ballots on gameday, and the campaign concluded with special messaging and ballot access on Election Day itself.

NATIVE AMERICAN HERITAGE FOOTBALL CLINIC

In partnership with the Muckleshoot Indian Tribe, the Seahawks hosted a free football clinic at the VMAC for youth from multiple tribes. Legend Lofa Tatupu, Blitz, and the Seahawks Dancers joined the clinic to teach skills, build confidence, and celebrate Indigenous culture and community.

INSPIRE CHANGE

In December, the Seahawks supported the NFL's Inspire Change initiative with retail, in-game, and community activations. Twelve-percent of all Inspire Change gear sold in the Pro Shop was donated to UNCF, raising over $1,500. Additionally, 100% of proceeds from a limited-edition custom sweatshirt went to Coyote Central, raising nearly $8,000. During the December 22 game, Michelle Merriweather, CEO of the Urban

Seahawks staff promote Inspire Change resources during pregame

League and founding member of the Black Future Co-Op Fund, was honored with the Seahawks' Changemaker Award and surprised with Super Bowl tickets in recognition of her work in housing, education, health, and workforce development in Black communities.

FUTURE OF FOOTBALL

SEAHAWKS FLAG FOOTBALL

4,828 athletes participated in the spring league and 2,720 in the fall league across Washington. Participants received surprise visits from Blitz, Dancers, Legends, and players at their games.

INTERNATIONAL FLAG FOOTBALL

Supported the growth of flag football in Germany and Canada throughout the year with a variety of camps and tournaments.

- **Hosted the first-ever Seahawks Flag Football Tournament in Düsseldorf, Germany with 160 kids from 16 schools. Seahawks staff also visited the NFL Germany office and the European League of Football game.**
- **Hosted 118 kids in Düsseldorf, Germany for a Seahawks Flag Football Camp featuring mascot Bam and Rhein Fire coaches.**
- **Legend Jordan Babineaux supported the NFL Flag Regional Tournament in Vancouver, Canada.**
- **Hosted activations at the Grey Cup including a Seahawks Flag Football Camp for 150 kids and youth activations at the Fan Festival and Block Party with Legend Jon Ryan and Blitz.**

NFL FLAG CHAMPIONSHIPS

Seven teams represented the Seahawks at the NFL FLAG Championships in Canton, Ohio. Teams received travel stipends, swag, and support.

SEAHAWKS GIRLS HIGH SCHOOL FLAG FOOTBALL CHAMPIONSHIPS PRESENTED BY TICKETMASTER

The second annual girls flag championships featured 275 athletes from 15 schools. Current players and Blitz, Dancers, and Blue Thunder made appearances. Laneah Bryan of the U.S. Women's National Flag Team spoke at a fireside chat.

GIRLS FLAG TAKEOVERS

Brought gameday energy to girls flag games at Highline Memorial, Auburn Memorial, and Seattle Memorial Stadium with appearances by Legends, Dancers, Blitz, and Blue Thunder.

Bothell High School won the 2024 Girls Flag State Championship

NFL HIGH SCHOOL GIRLS FLAG SHOWCASE

Two athletes from North Pole High School represented the Seahawks at the NFL showcase during the Pro Bowl.

GIRLS FLAG COACH & PLAYER OF THE YEAR

Bothell High School girls flag coach Kathryn Crowe won the Seahawks inaugural Girls Flag Coach of the Year award. Eleana Lee of Chief Sealth High School won the inaugural Girls Flag Player of the Year award.

GIRLS FLAG FOOTBALL CAMPS

Supported a variety of camps and clinics throughout the year to drive participation at both the middle and high school level in partnership with Nike, Girl Scouts, local school districts, YMCA, Boys & Girls Clubs and more.

GIRLS FLAG GRANTS SEAHAWKS have contributed more than $380,000 in grants to high schools in Washington to help launch girls flag football programs with over 100 schools offering the sport.

GIRLS FLAG SANCTIONED IN WASHINGTON
Washington became the 15th state to sanction girls high school flag football!

HIGHLINE MEMORIAL STADIUM GROUNDBREAKING
Announced $250,000 grant to fund Washington's first turf field featuring girls flag lines via NFL Foundation and LISC.

FLAG FOOTBALL CLINIC
Hosted a free clinic at Smilow Rainier Vista Boys & Girls Club for 150 kids.

PRO SPORTS SAMPLING CAMP
In partnership with King County Play Equity Coalition, hosted a free youth sports sampling camp with over 50 youth learning flag football.

RED LAKE WARRIORS
Hosted the Minnesota high school team at VMAC during their visit to Washington.

STADIUM HIGH SCHOOL JAMBOREE
Supported jamboree featuring boys tackle and girls flag teams with appearances and giveaways.

BLUE FRIDAY NIGHT LIGHTS
Series presented by Oberto at Memorial Stadium, Pop Keeney Stadium, and Mt. Tahoma with appearances from players, Legends, Blitz, Dancers, DJ Supa Sam, and Blue Thunder.

WIAA STATE CHAMPIONSHIPS
Title sponsor of the championships at Husky Stadium. Supported six games with appearances from Legends, Blitz, Dancers, and Blue Thunder.

THE NEXT ONES
David Schwerzel of O'Dea High School represented the Seahawks at Nike's Super Bowl showcase.

YOUTH TACKLE TAKEOVER
Supported Wildcats Junior Football and South Park Raiders with visits, donations, and appearances by Blitz and Legends.

USA FOOTBALL CLINICS & TALENT ID CAMP
Hosted 150 coaches at VMAC in partnership with USA Football and a Talent ID Camp for 215 athletes with Legend Ben Obomanu.

HAWAII GIRLS FLAG FOOTBALL CAMPS
Ahead of Hawaii's first-ever high school girls flag football season, the Seahawks hosted a series of Girls Flag Football Camps on Oʻahu. Over 300 girls from every Hawaiian island participated in the camps, joined by Legend Michael Bennett. The team also presented a $30,000 grant to the Hawaii High School Athletic Association to support the expansion of the sport.

VP Mario Bailey addresses the girls flag teams during the Girls Flag Football Camps on Oahu

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DIVERSITY, EQUITY, AND INCLUSION

EMPLOYEE RESOURCE GROUP

Employee Resource Groups provide a space for like-minded employees to cultivate a more diverse and inclusive workplace. The Seahawks are proud to have six ERGs. These groups help to build a sense of community within an organization and can serve as a resource for employees who share similar backgrounds or experiences.

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SUPPORTING SMALL BUSINESS

We are proud to support small businesses in our community. **Happy Hour with the Hawks**, a program created in partnership with the **Intentionalist**, champions small and minority-owned restaurants across Seattle by visiting their locations and highlighting food and drink specials. This initiative boosts their visibility and strengthens their presence in the community. In 2024, we had the pleasure of visiting **Taste of the Caribbean**, **Hood Famous**, **Fat's Chicken and Waffles**, **Moe Vegan**, **Legion Sports Bar**, and **Seattle Fish Guys**.

CULTURAL CELEBRATIONS

We encourage our teammates to **Raise the Game** by embracing their authentic selves and sharing their personal stories, fostering deeper connections, and understanding. In 2024, we proudly hosted our **1st Annual Black eXcellence Event** during **Black History Month** and celebrated our **4th Annual Women's Summit**, reinforcing our commitment to empowerment and supporting our teammates.

TRUTH AND PURPOSE TOUR

The Truth and Purpose Tour, facilitated by the Institute for Common Power, is a profound learning journey through both the American South and the self-committed to fighting the assault on truth that is occurring in cities across the country. Aspects of our collective history that are too often dismissed, ignored, or denied, are explored- with central focus one the modern American Civil Rights Movement. Since 2023, the Seahawks have invested in taking 34 employees to go on the tour and have come back with life changing education through experience that can be passed on to our colleagues. Seahawks Legend, Michael Bennett and a local teacher, Lindsay Combs joined us in 2024.

DELTA COMMUNITY CAPTAIN

In 2024 The Seahawks and Delta Air Lines presented Bellevue High School social studies teacher Luke Michener with the Delta Community Captain for his excellence in education, specifically his support for experiential learning with the Institute for Common Power and his advocacy for the Truth & Purpose learning tours.

GRIDIRON
GREATS

ABOUT GRIDIRON GREATS

Since 2007, Mike Ditka's Gridiron Greats has been a trusted resource for all retired NFL players.

We've helped more than 1,200 players in dire need situations and connected many more to resources to help them in life.

- Medical assistance
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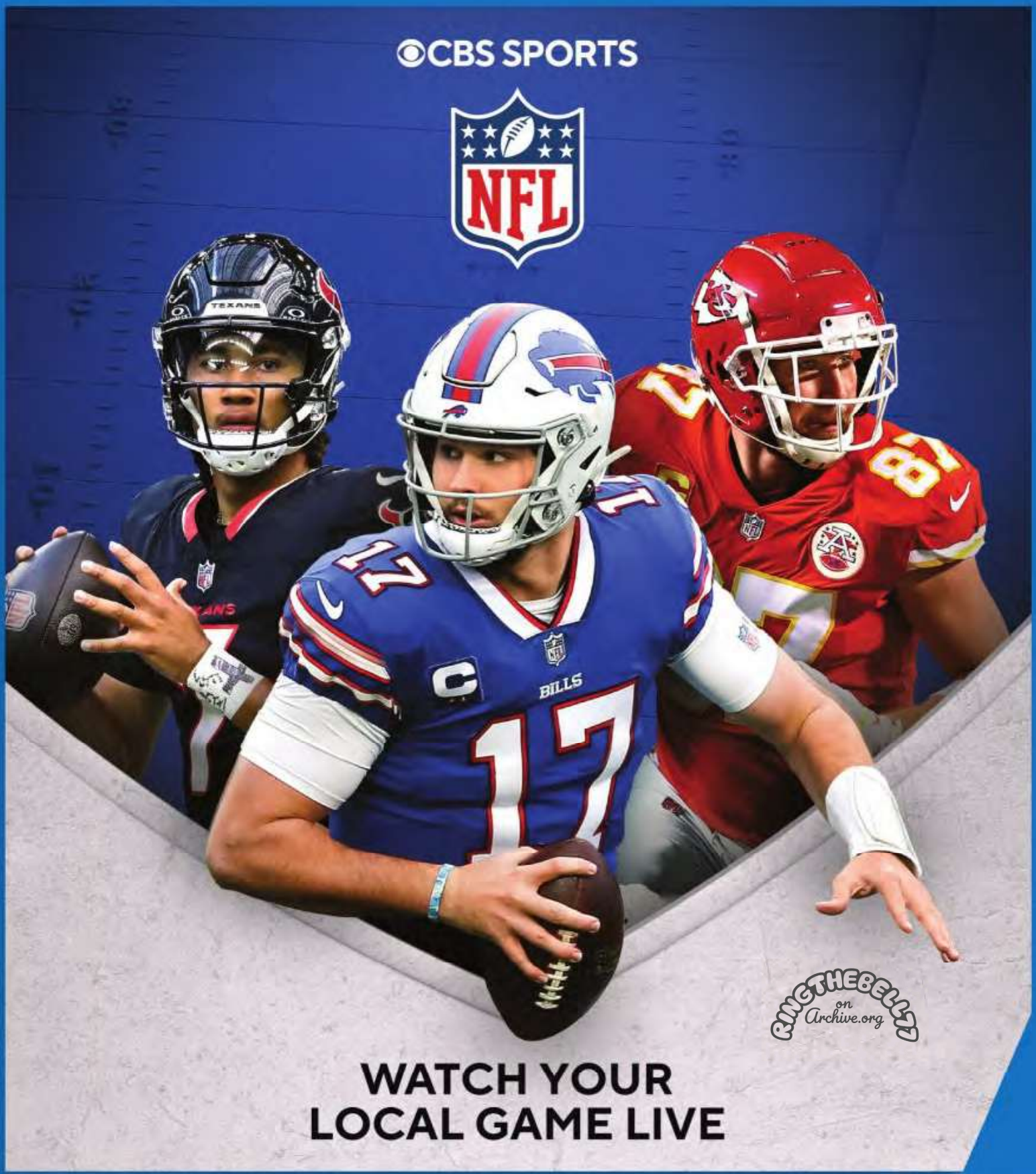
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TOP 50 PLAYERS

As the Seahawks celebrate their 50th season in 2025, the team revealed its Top 50 Players in Seahawks history in June, voted upon by fans and a special panel of judges. The list of eligible players included 163 players who have all played for the Seahawks at some point in their career and have met at least one of the criteria listed below:

NOMINATION CRITERIA

- Started at least 45 games
- Voted to an AP All-Pro or NFL Pro Bowl team
- Won Seahawks Man of the Year or the Steve Largent Award
- Currently leads a career major statistical category, such as Most Receiving Yards in a Career
- Part of an iconic moment in Seahawks history

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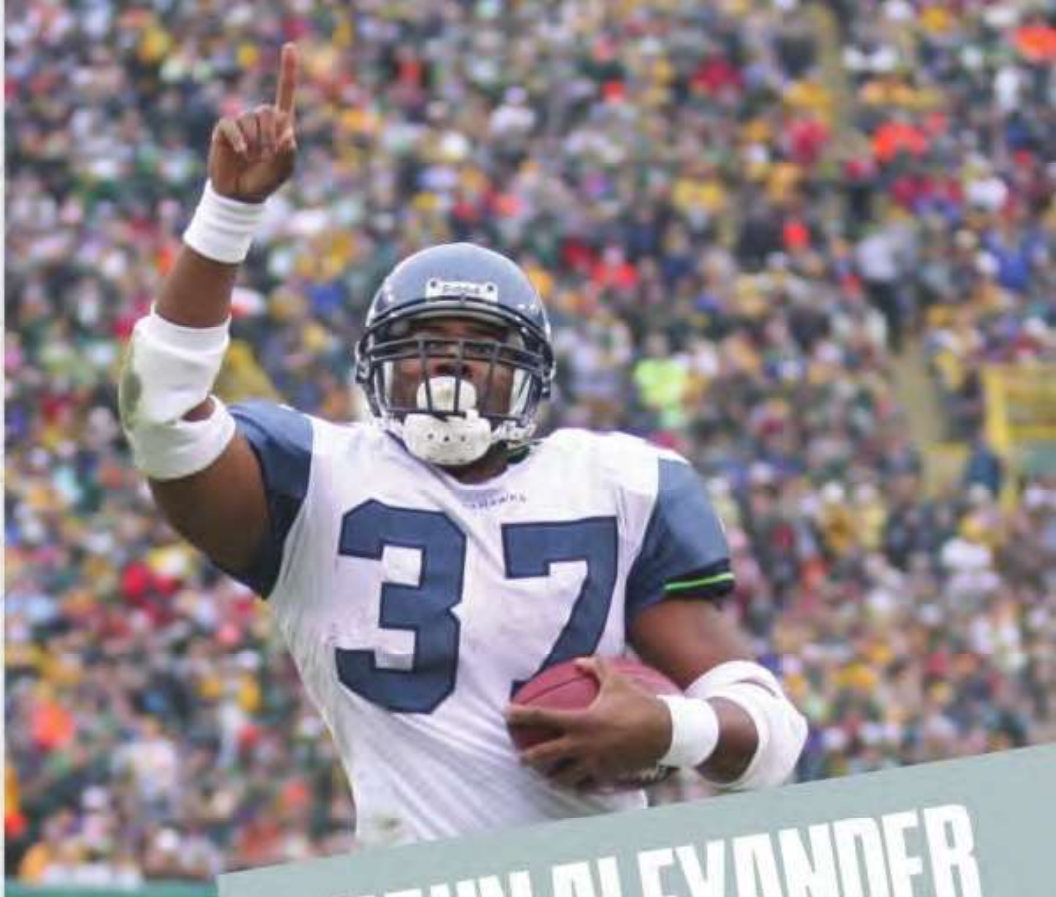

SHAUN ALEXANDER

Running Back

The only player to win MVP honors in franchise history and a member of the Seahawks Ring of Honor, Alexander was a dominant force for Mike Holmgren's offenses in the 2000s. A first-round pick in the 2000 draft, Alexander went on to rewrite the franchise record books, rushing for 9,429 yards while scoring 112 total touchdowns in eight seasons with the Seahawks, earning first-team AP All-Pro honors to go along with his MVP award in 2005, as well as three Pro-Bowl selections. From 2001-05, Alexander averaged 1,500.8 rushing yards and 19.6 total touchdowns per season over a five-year span. In 2005, Alexander rushed for 1,880 yards and scored a then-NFL record 28 total touchdowns on his way to league MVP honors while the Seahawks went 13-3 and reached the Super Bowl for the first time in franchise history.

TOP 50 PLAYERS

CLIFF AVRIL

Defensive End

Avril signed with the Seahawks in March of 2013, one day before Michael Bennett, and those two went on to become key parts of one of the best defenses in NFL history, a unit that helped the Seahawks bring home the Lombardi Trophy for the first time after a 13-3 2013 season. Over the course of five seasons with the Seahawks, Avril recorded 34.5 sacks, 14 forced fumbles and 88 quarterback hits before his career was cut short by a neck injury four games into the 2017 season. Avril earned Pro-Bowl honors following an 11.5-sack season in 2016 and was also the team's nominee for the Walter Payton NFL Man of the Year award that year. Avril has maintained deep ties to the area since retiring, and in 2022, he, Bennett and Doug Baldwin founded Champions of Change, an organization "shepherding awareness and support for organizations that serve our communities by sustaining pathways for families to have stable, healthy and loving homes."

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EDWIN BAILEY
Guard

The Seahawks 1981 draft class is best known for producing Hall of Fame safety Kenny Easley, but four picks after selecting Easley, the Seahawks took Edwin Bailey, a guard out of South Carolina State, and the fifth-round pick would go on to be one of the best guards to wear a Seahawks uniform. Over the course of an 11-year career spent entirely in Seattle, Bailey started 120 of 139 games played, helping the team reach new heights in the 1980s under Chuck Knox. In 2008, Bailey was inducted into the Mid-Eastern Athletic Conference Hall of Fame

DOUG BALDWIN
Wide Receiver

Baldwin went undrafted in 2011 to one of the best receivers in franchise history by being a player who was, as Pete Carroll once put it, "tormented to be great." A fierce competitor, Baldwin not only made the team in 2011, he went on to lead the team in receiving yards, receptions and receiving touchdowns that year. A two-time Pro-Bowler, Baldwin finished his career with 493 catches for 6,563 yards and 49 touchdowns, ranking in the top four in franchise history in all three categories. Baldwin's impact off the field may ultimately be his biggest legacy. The team's nominee for the Walter Payton NFL Man of the Year award in 2013, Baldwin was recognized by King County with the Martin Luther King Jr. Medal of Distinguished Service, was a finalist for ESPN's Muhammad Ali Humanitarian Award, helped advocate for police reform in Olympia, and helped launch the Seahawks Players Equality and Justice for All Action Fund all while he was still playing, and since retiring he has opened the Family First Community Center in Renton and co-founded Champions of Change.

Bennett signed with the Seahawks in 2013, one day after fellow defensive lineman Cliff Avril, making for one of the most significant two-day stretches of the offseason in franchise history. Bennett, along with Avril, was a key addition to an already great defense who helped the Seahawks get over the hump in 2013 and win the first Super Bowl in franchise history. Between delivering some of the more memorable quotes, and sack celebrations, in team history, Bennett was a three-time Pro-Bowl selection in Seattle, recording 39 sacks, 69 tackles for loss and 118 quarterback hits in five seasons. Bennett also made, and continues in retirement to make, a big difference in the community, not just in the Seattle area but also his hometown of Houston and in Honolulu where he and his family reside. An outspoken voice for social justice and a leader on the field and in the community, Bennett was named the team's nominee for the Walter Payton NFL Man of the Year Award in 2017, and in retirement he joined forces with Avril and Doug Baldwin to form Champions of Change.

MICHAEL BENNETT
Defensive End

TOP 50 PLAYERS

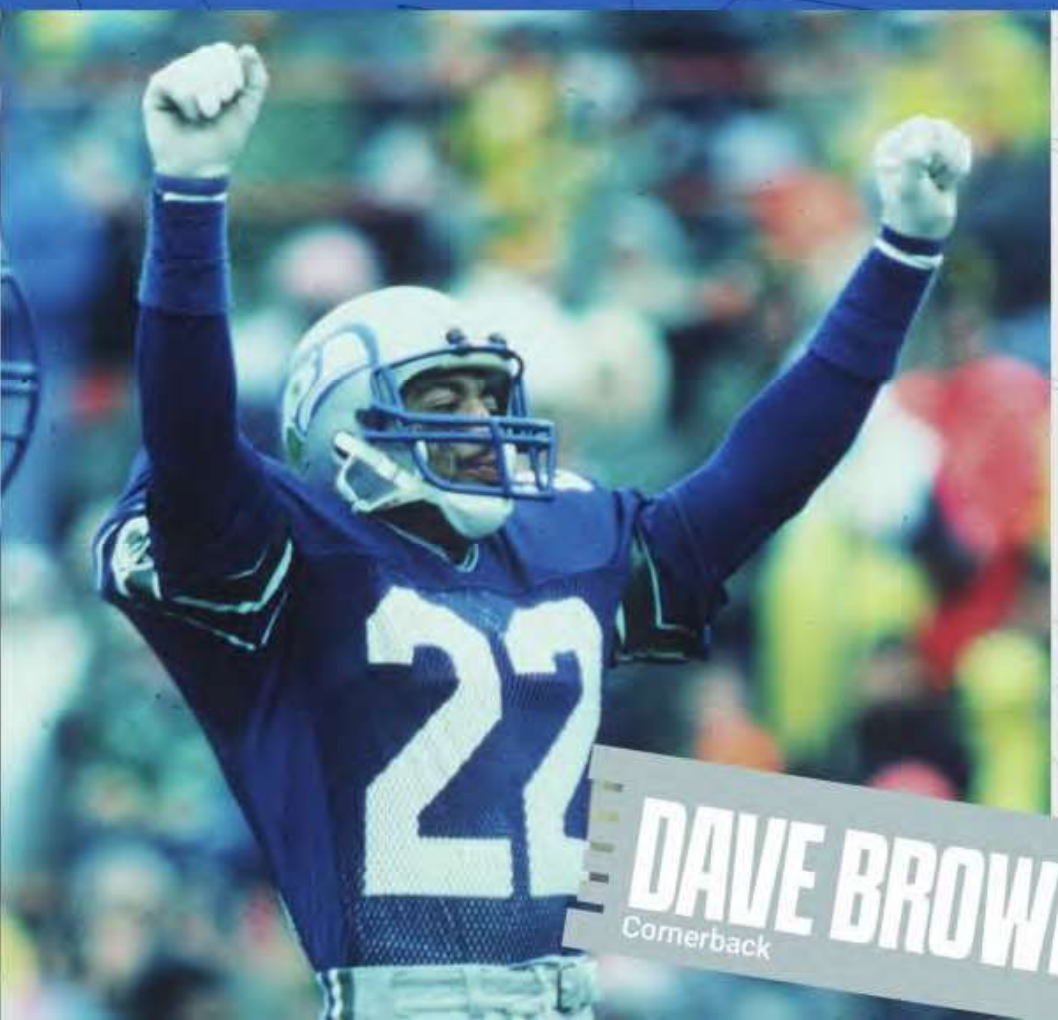
Blades, a second-round pick in 1988, spent his entire 11-year career with the Seahawks, becoming one of the best receivers in franchise history. Blades career included four 1,000-yard seasons, Pro-Bowl honors in 1989, and the third most receptions (581) and receiving yards (7,620) in Seahawks history behind only Steve Largent and Tyler Lockett. Blades was voted team MVP by his teammates in 1989, won the Steve Largent Award in 1994, and was also the team's nominee for the NFL Man of the Year Award that year.

BRIAN BLADES
Wide Receiver

CHAD BROWN

Linebacker

The Seahawks made a splash in free agency in 1997, signing Brown following an All-Pro season with the Steelers, and over the next eight seasons in Seattle, Brown would establish himself as one of the best free-agent signings in team history. Brown, who earned first-team AP All-Pro honors in 1998 and was a two-time Pro-Bowler as a Seahawk, was a three-time team captain, the winner of the team's Steve Largent Award in 1999, and was voted team MVP in 1998. Brown, who led the team in tackles in each of his first three seasons with Seattle, finished his career with 744 tackles as a Seahawk, the sixth most in franchise history. Brown also contributed 48 sacks, 55 tackles for loss, and his three fumble return touchdowns are tied for the most in franchise history with Bobby Wagner.



DAVE BROWN

Cornerback

A member of the Seahawks Ring of Honor, Brown joined the Seahawks in 1976 via the expansion draft after spending his rookie year in Pittsburgh. After spending one season at free safety, Brown moved to cornerback and went on to play 11 seasons in Seattle, starting 159 games, which ranks seventh in franchise history. Brown finished his career as the franchise leader in interceptions with 50, interception return touchdowns (five), and interception return yards (643), while also finishing ninth in tackles with 684. Brown earned Pro-Bowl and second-team AP All-Pro honors in 1984 when he had eight interceptions, including two interception return touchdowns in a win over Kansas City in which the Seahawks had four interception-return touchdowns. A four-time team captain and the team's NFL Man of the Year nominee in 1982, Brown returned to the Seahawks as a defensive backs coach from 1992-98.

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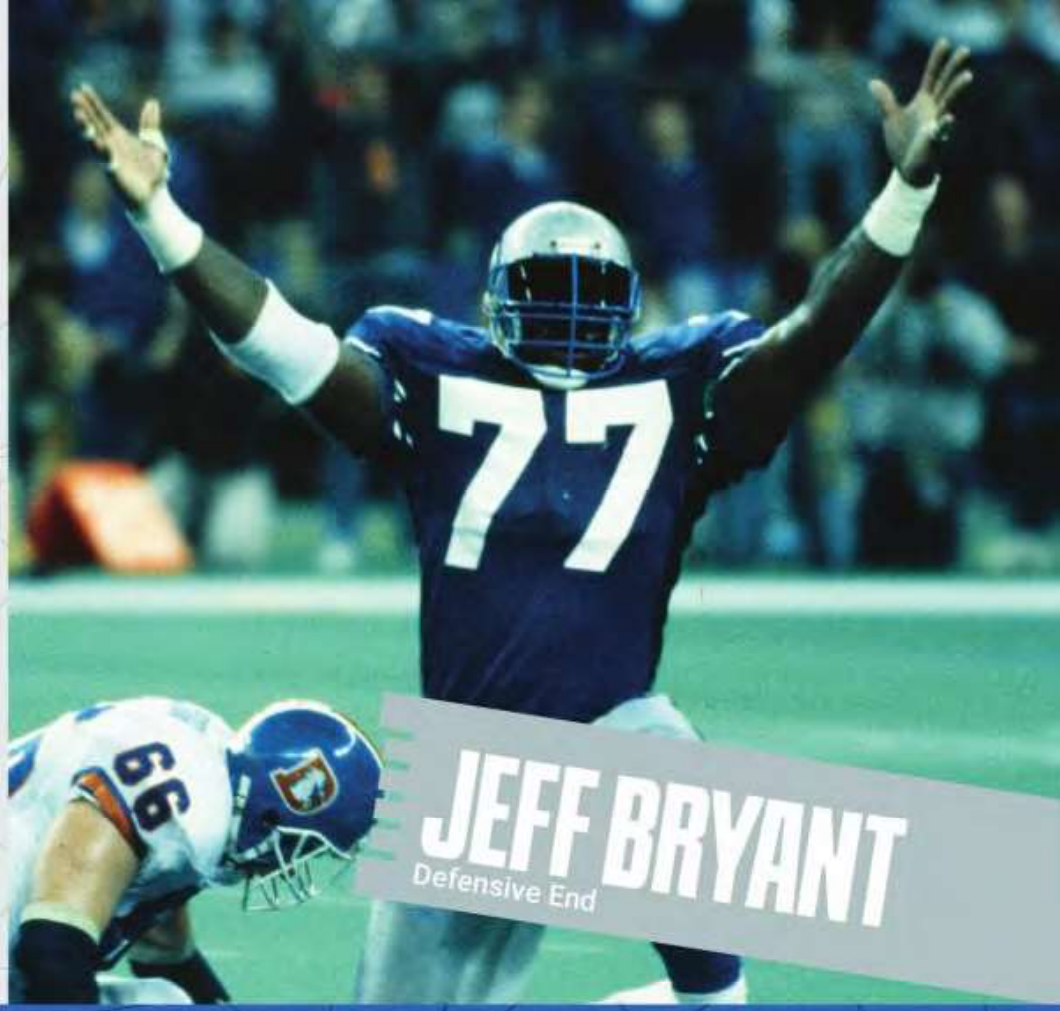
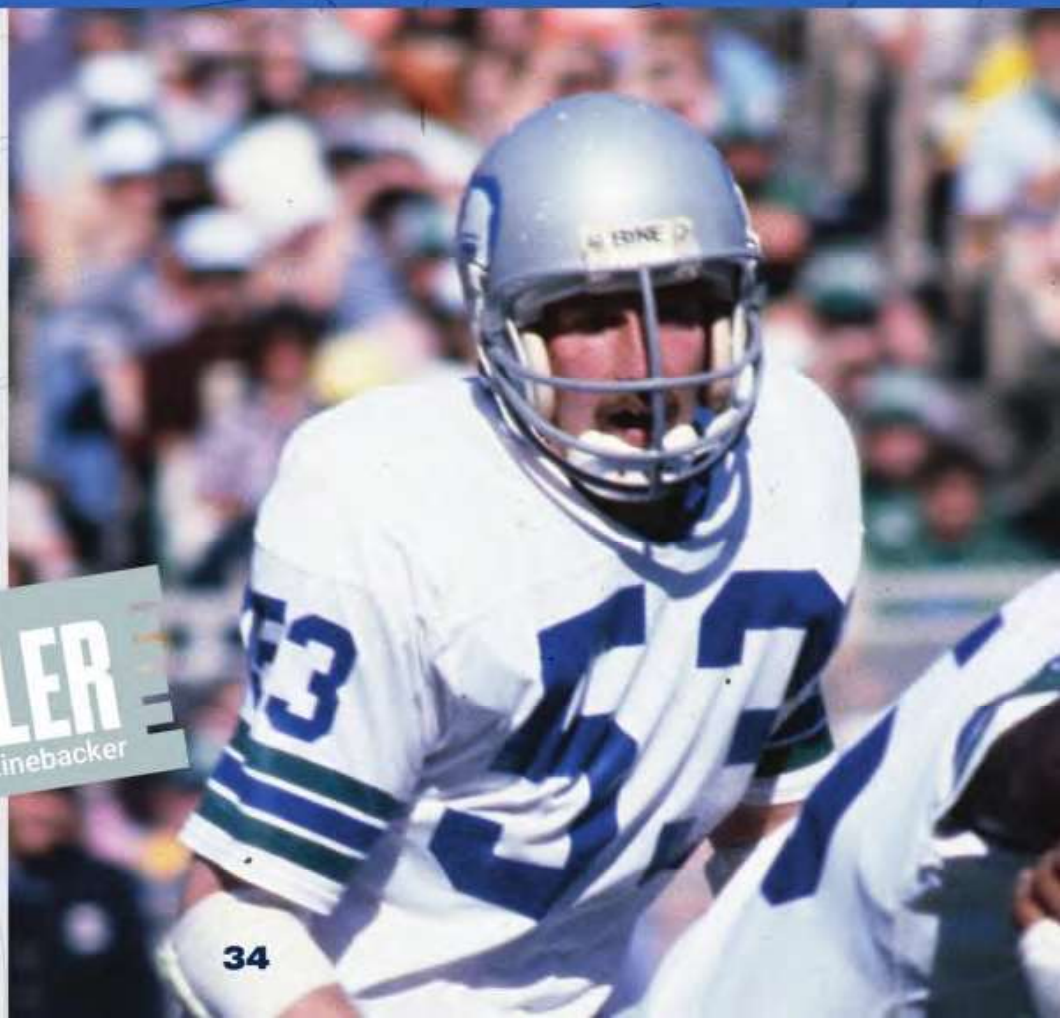


JEFF BRYANT

Defensive End

Seattle's first-round pick in the 1982 draft, Bryant spent his entire 12-year NFL career with the Seahawks, starting 167 games and appearing in 175, totals that rank fifth and sixth in franchise history, respectively. Bryant, who ranks third in Seahawks history with 63.0 sacks, also finished in the top-10 in tackles, forced fumbles and fumble recoveries, blocked field goals and blocked extra points. Bryant, the co-winner of the 1992 Steve Largent Award along with fellow defensive lineman Joe Nash, had his best season as part of the standout 1984 defense, recording 14.5 sacks, two fumble recoveries and an interception for a unit that also featured AP Defensive Player of the Year Kenny Easley and Pro-Bowl seasons from Easley, Nash and Dave Brown, and that forced 63 turnovers, the most by an NFL team since the merger.

TOP 50 PLAYERS



KEITH BUTLER

Linebacker

Selected in the second round of the 1978 draft, Butler spent his entire 10-year career with the Seahawks, starting 132 games at linebacker while helping the team grow from new franchise in the 1970s to a playoff team in the 1980s. Butler retired as the team's all-time tackles leader, and he now ranks fourth on that list having been passed by Bobby Wagner, Eugene Robinson and K.J. Wright. Butler then went on to a long and successful coaching career that included 18 seasons with the Steelers as linebackers coach and defensive coordinator before he retired after the 2021 season.

KAM CHANCELLOR

Safety

Simply put, Chancellor was one of the most important players during the best era in franchise history. A fifth-round pick thought by many to be too big and too slow to play safety in the NFL, Chancellor thrived in Seattle as part of the Legion of Boom defense, setting the tone with his intimidating, physical play. The author of some of the most memorable hits in franchise history, Chancellor was the alpha in a locker room full of them, and one of the few players who Pete Carroll said ever maxed out on the "competitor scale" he and John Schneider used to evaluate players. Chancellor put up impressive numbers during his eight seasons in Seattle before a neck injury cut short his career, including 607 tackles, 44 passes defensed, 12 interceptions and nine forced fumbles, and he was a four-time Pro-Bowler and two-time second-team AP All-Pro, but those numbers and honors don't fully capture what "Bam Bam" meant to the team as the baddest man on one of the best defenses in history. A two-time winner of the team's Steve Largent Award, Chancellor was also a three-time team captain.

MICHAEL DICKSON

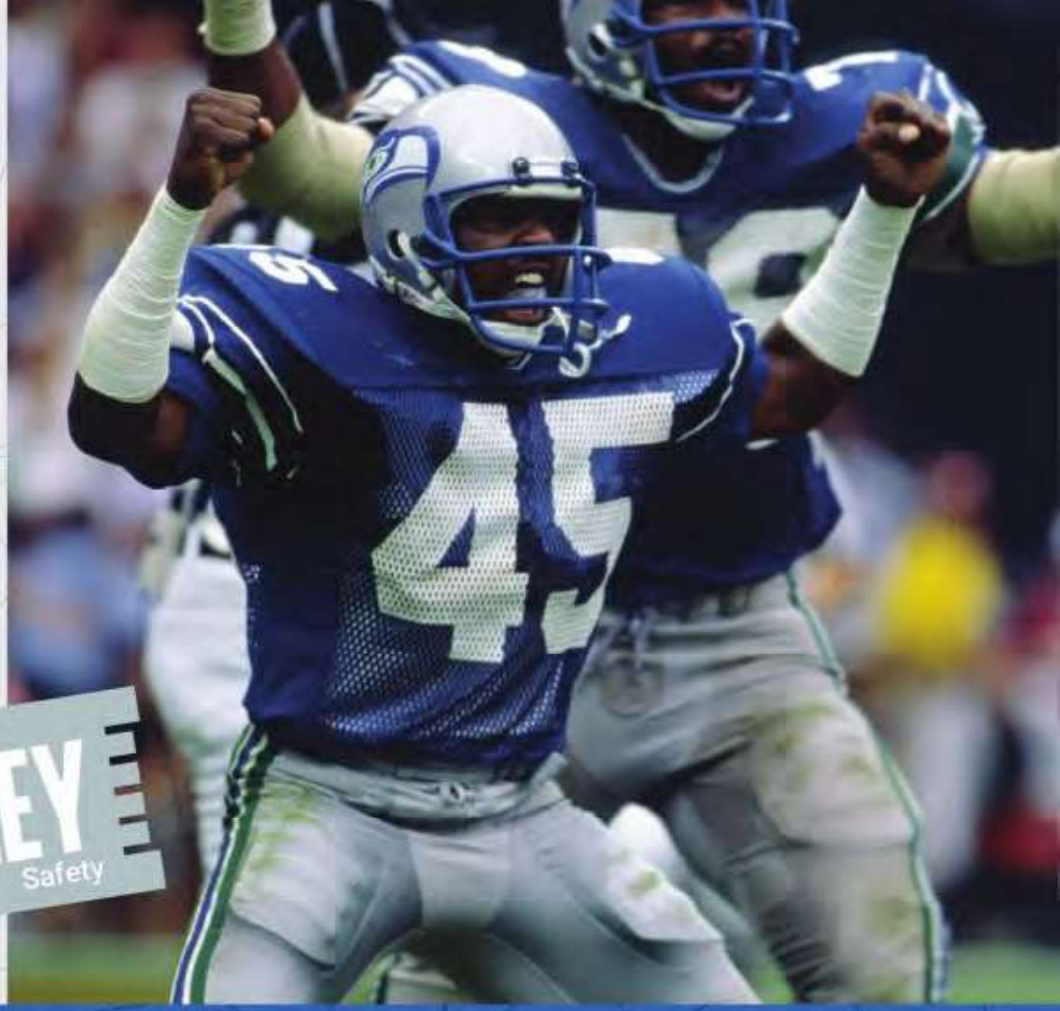
Punter

It's rare to see NFL teams draft punters, let alone trade up to do so in the fifth round, but that's what Seattle did to acquire Dickson in 2018, and the move has paid off over the past seven seasons. Dickson kicked off his career by earning first-team AP All-Pro and Pro-Bowl honors as a rookie, and through the 2024 season, Dickson's 48.2 career punt average ranks third in NFL history. Dickson heads into his eighth season with the Seahawks already ranked second, behind Jon Ryan, for most punts downed inside the 20 with 181, and the three highest single-season averages and net averages in Seahawks history all belong to Dickson, as does the team's highest career net average (42.9).

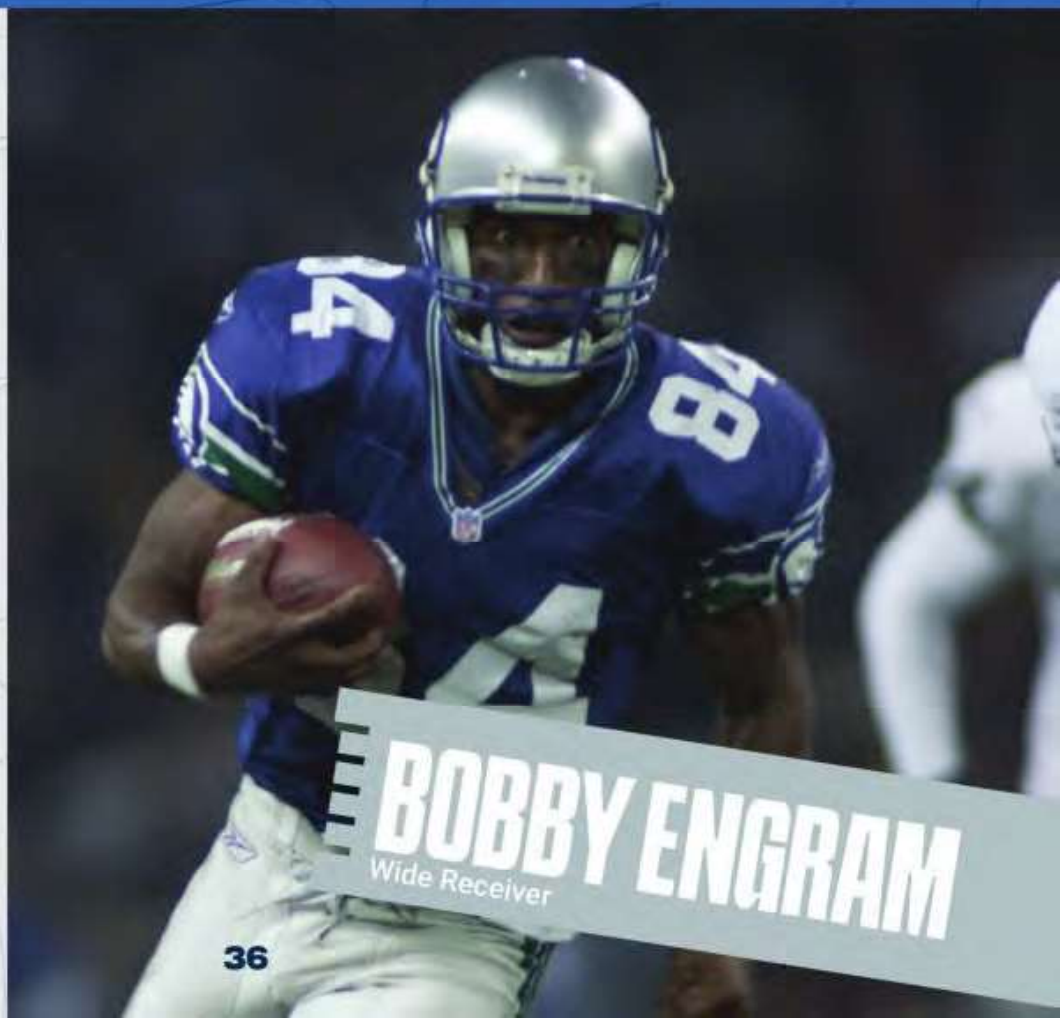
One of the best defensive players in team history, Easley is a member of the Pro Football Hall of Fame, the NFL's All-Decade Team of the 1980s, and the Seahawks Ring of Honor. Over seven seasons, Easley piled up 32 interceptions, three of which he returned for touchdowns, and he earned the nickname "The Enforcer" for his hard-hitting play. Easley was a five-time Pro-Bowler and three-time first-team AP All-Pro during his seven seasons in Seattle, and in 1984 he became the first player in franchise history to earn AP Defensive Player of the Year honors when he recorded 10 interceptions, two of which he returned for scores. Easley was also named team MVP during that 1984 season, and in 1987 he was named a team captain.

KENNY EASLEY

Safety



Engram was already five years into a solid career with the Bears when he joined the Seahawks as a free agent in 2001, and in Seattle he quickly established himself as one of Matt Hasselbeck's favorite targets, particularly on third down. In eight seasons with the Seahawks, Engram had 399 receptions for 4,589 yards, both of which rank seventh in franchise history, and he also found success as a punt returner, becoming one of only four players in team history with multiple punt return touchdowns. Engram's best season came in 2007 when he eclipsed 1,000 yards for the first time, finishing with 1,147 yards and six touchdowns on 94 receptions, which at the time was a franchise record later matched by Doug Baldwin in 2016, the broken by Tyler Lockett in 2020. Engram, the team's Steve Largent Award winner and Walter Payton NFL Man of the Year nominee in 2007, became a coach after his playing days ended, and is currently the receivers coach for the Washington Commanders.

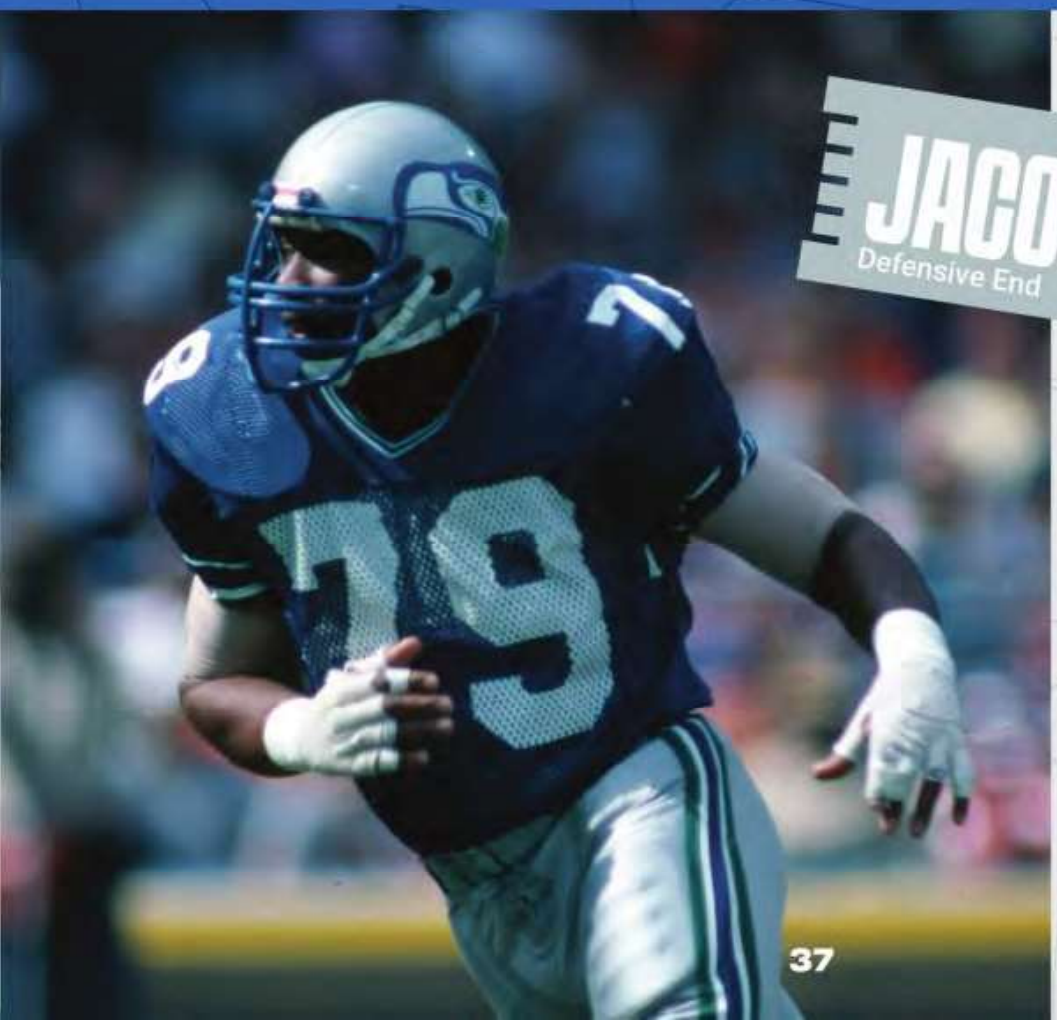


BOBBY ENGRAM

Wide Receiver

CHRIS GRAY
Guard

The Seahawks acquired Gray as a free agent in 1998 after he spent four seasons in Miami and one in Chicago. Gray's entire NFL career spanned 15 seasons. Over his time with the Seahawks, Gray notched 158 games, starting 145 of those. He was also the starting right guard when the Seahawks played against the Steelers in Super Bowl XL.



JACOB GREEN
Defensive End

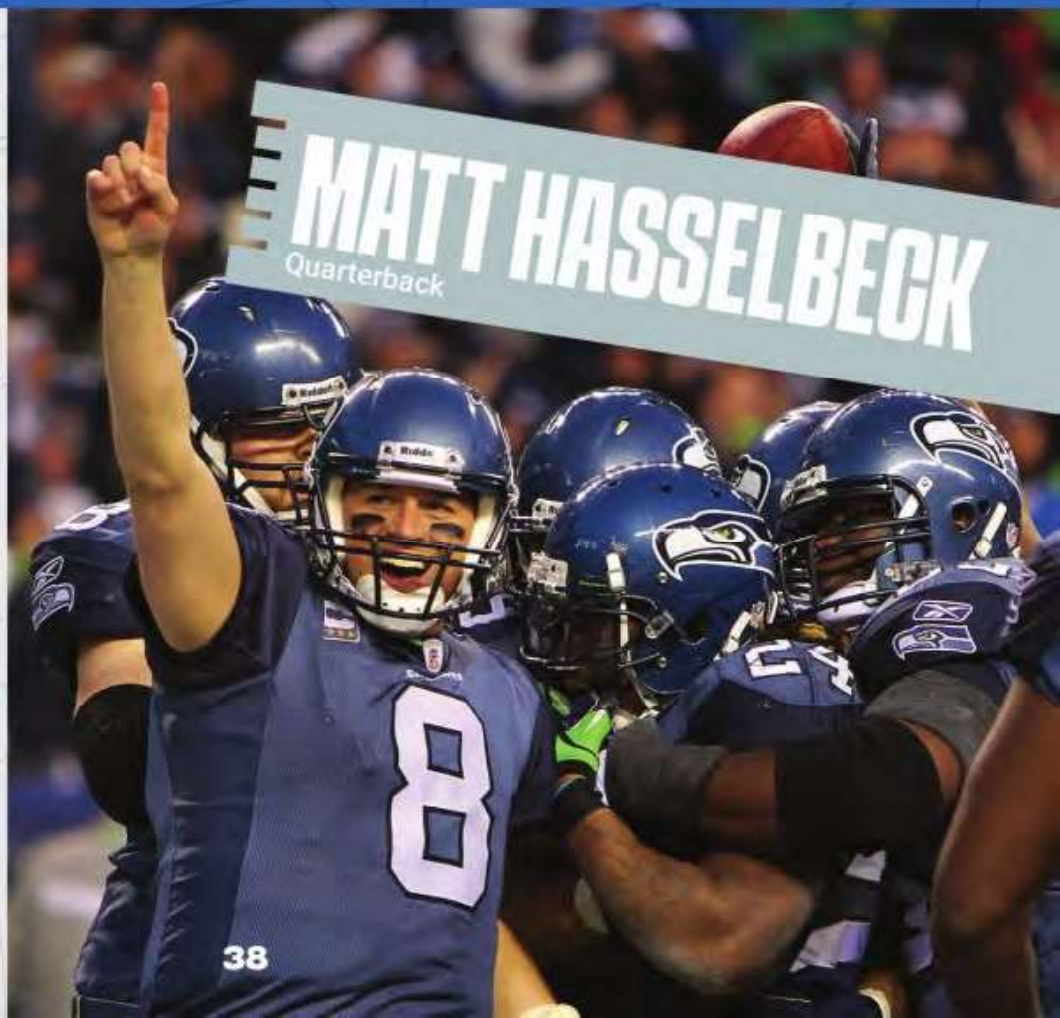
Green was a first-round draft pick, No. 10 overall from Texas A&M, and went on to have a 13-year career in the NFL, 12 of those with the Seahawks. Green made a splash in the NFL starting 13 of his 14 games played his rookie season and was a member of the 1980 NFL All-Rookie Team, and was also a candidate for the 1980 NFL Defensive Rookie of the Year. Green earned himself two Pro Bowl honors, while racking up 178 games played, starting 176 of those, three interceptions, two of them returned for touchdowns, and 116.0 sacks. He was inducted into the Seahawks Ring of Honor in 1995.

JOHN HARRIS

Safety

Harris was drafted by the Seahawks in the seventh-round of the 1978 NFL Draft. He played 11 years in the NFL, from 1978-88, eight with the Seahawks and three with the Vikings. During his Seahawks career, he started 111 of 119 games and had 41 interceptions, returning two for touchdowns. In 1981 he had a team high 10 interceptions, two of which he returned for touchdowns.

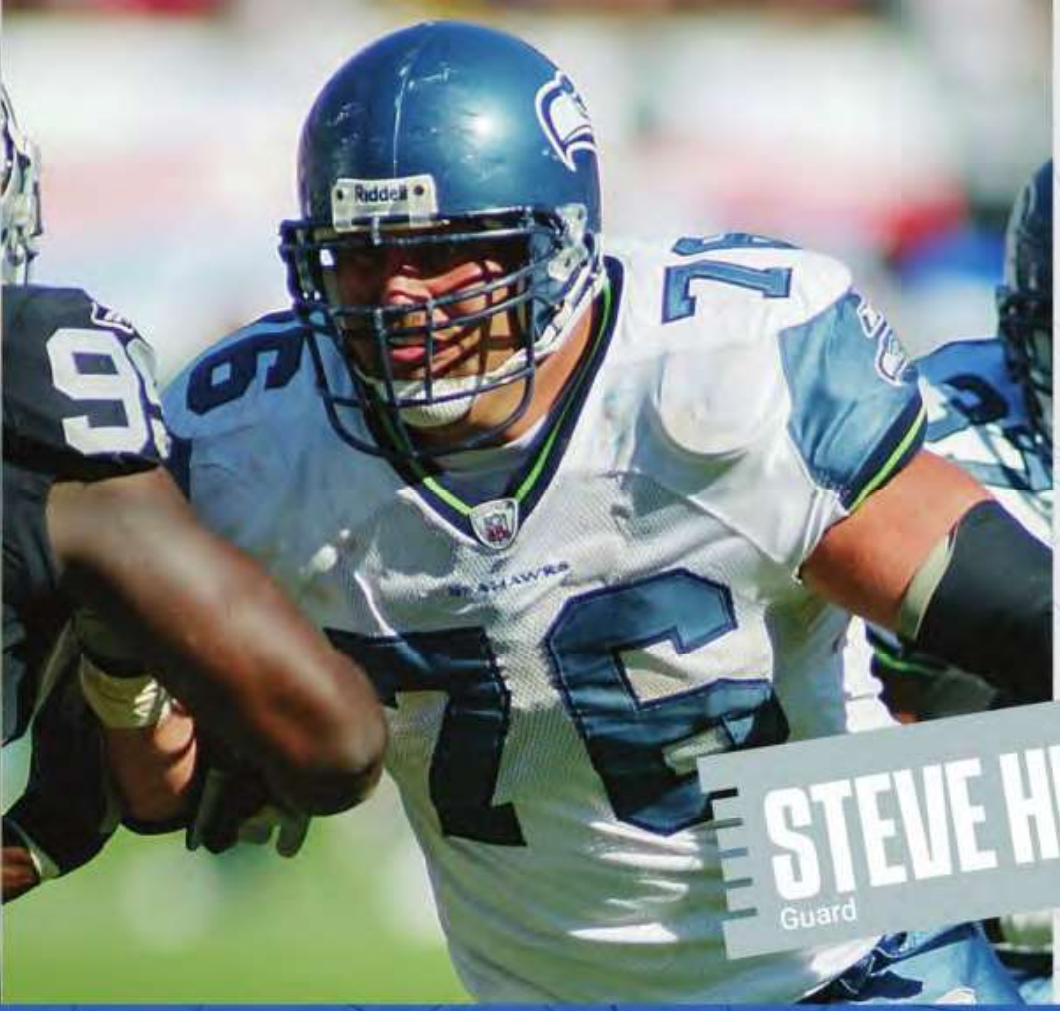
TOP 50 PLAYERS



MATT HASSELBECK

Quarterback

The Seahawks acquired Hasselbeck in a trade with the Green Bay Packers on March 2, 2001. He started 131 of 138 regular season games played and started all 11 postseason games played for Seattle from 2001-10. He was a three-time Pro Bowler (2003, 05, 07), nine-time team captain (2001, 2003-10), the 2003 Seahawks Man of the Year, 2009 Steve Largent Award recipient and led Seattle to its first Super Bowl appearance in 2005 with a franchise-best 13-3 record. Hasselbeck's name can be found throughout Seattle's record books with the impact he made on the franchise. He finished his time in Seattle as the franchise's all-time leader in attempts (4,250), completions (2,559), yards (29,434) and career wins (74), and second in touchdowns (174). Hasselbeck went on to play with Tennessee (2011-12) and Indianapolis (2013-15), where he started 29 of 39 games played to end his career.



STEVE HUTCHINSON

Guard

Though he played for the Seahawks for just five seasons of a 12-season NFL career, he left his mark on the organization. Hutchinson was elected to the Pro Football Hall of Fame. He started all 68 games played for Seattle over the course of his career and earned three AP All-Pro honors and three Pro Bowl selections while with the team. He also was named to the 2001 NFL All-Rookie Team in 2001. Hutchinson teamed with tackle Walter Jones to form one of the best left-sides in NFL history.

DARRELL JACKSON

Wide Receiver

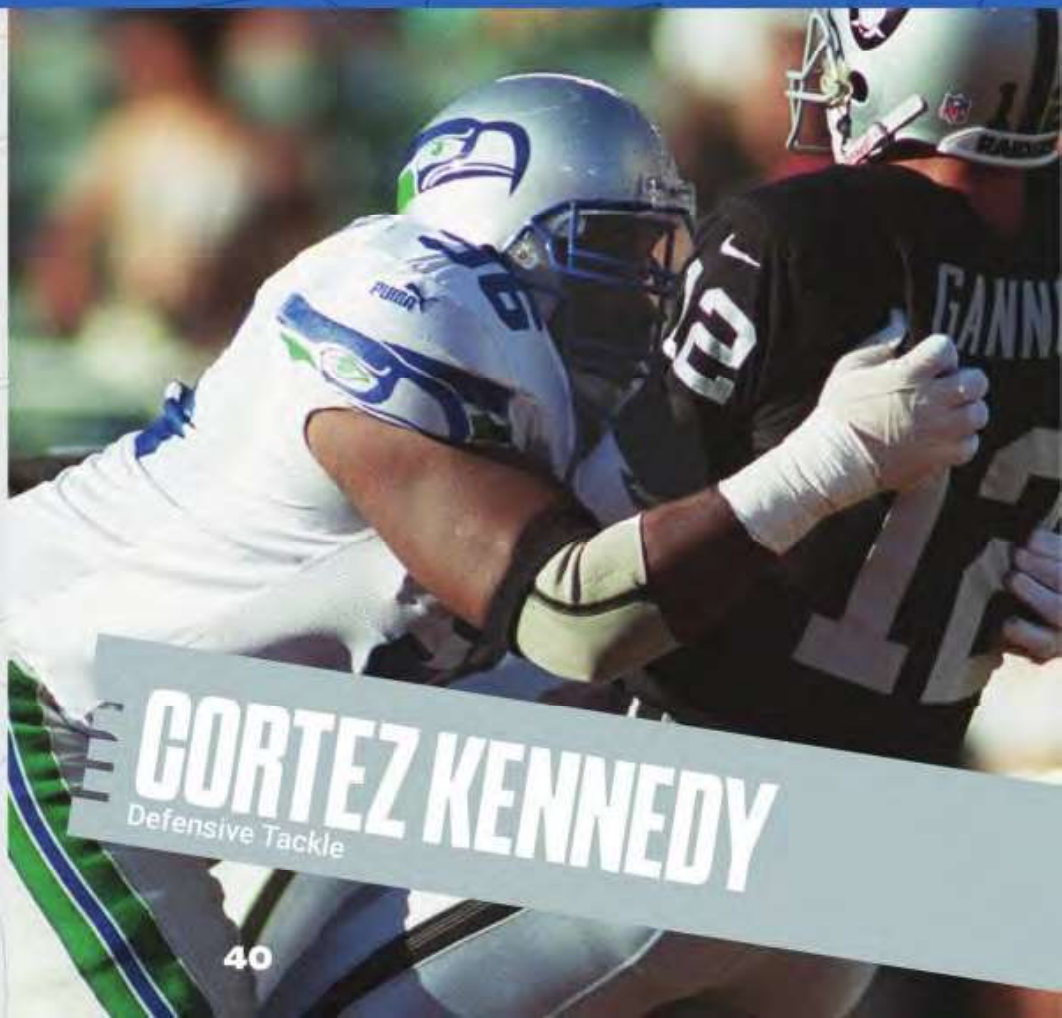
Throughout the Seahawks record books, Jackson's name is scattered in the top-10 in receptions, receiving yards and receiving touchdowns. Jackson was also the team's leader in touchdowns during the 2006 season with 13. Additionally, he led the team in receiving yards in 2001 (1,081), 2003 (1,137), 2004 (1,199) and 2006 (956). He ended his Seahawks career with 47 touchdowns, 6,445 receiving yards and 96 games played.

WALTER JONES

Tackle

Three-time captain, 1997 All-Rookie Team, four-time first team AP All-Pro and nine-time Pro Bowler are just a few of the accomplishments that Jones has to his name. He spent his 12-year career in the NFL with the Seahawks after being drafted No. 6 overall in 1997. Jones started and played in 180 games throughout his career at left tackle and was known as the most dominant of his time at the position. In 2010, the Seahawks retired his No. 71 jersey. During his first year of eligibility, Jones was voted into the Pro Football Hall of Fame in 2014, and then later that year, he was also inducted into the Seahawks Ring of Honor.

TOP 50 PLAYERS



CORTEZ KENNEDY

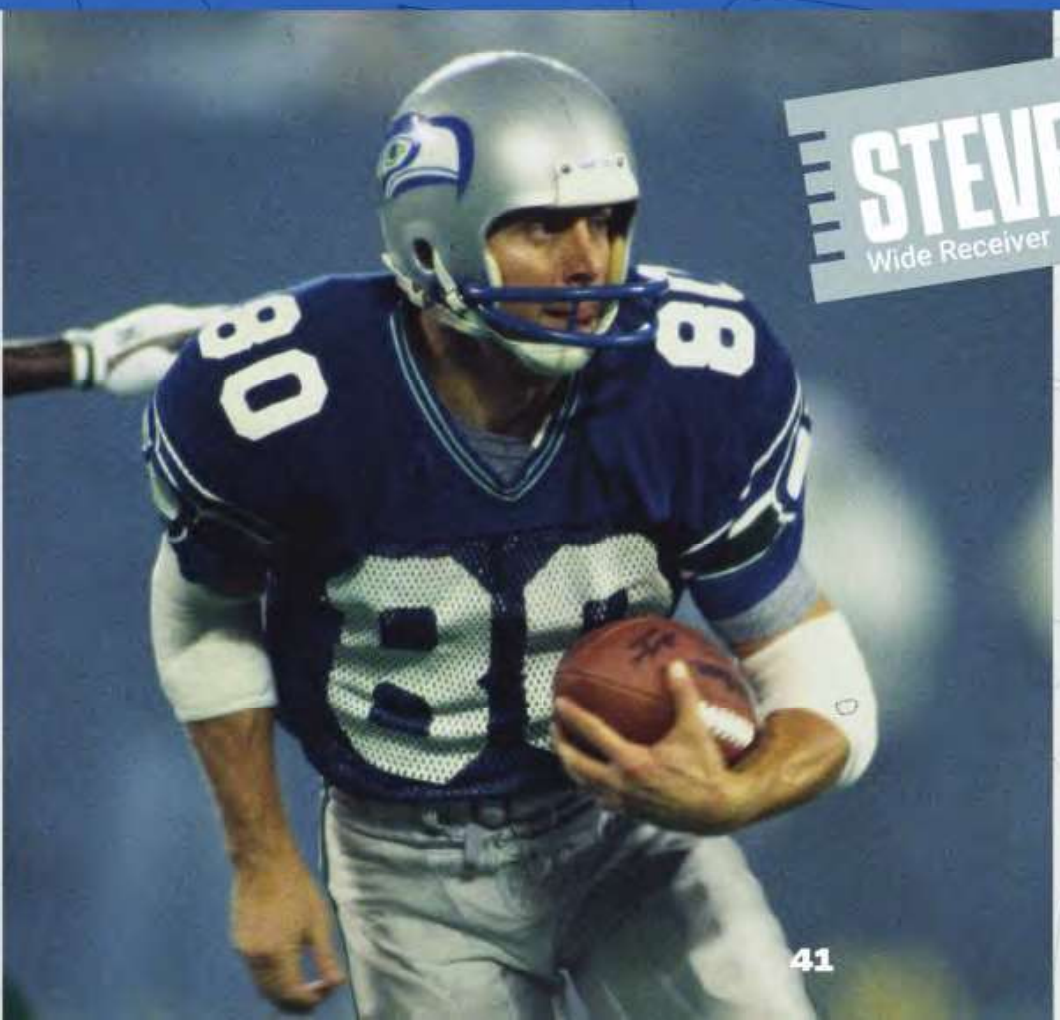
Defensive Tackle

Kennedy was a fixture on the Seahawks defensive line for 11 seasons, after being the No. 3 overall pick out of Miami. Throughout his career he played in 167 games, with his first missed game coming in his eighth season. He was named to the NFL All-Rookie team in 1990. His second season he earned a Pro Bowl nod and was named the NFL's Defensive Player of the Year. Kennedy went on to earn seven more Pro Bowl honors in his career, as well as three AP All-Pro honors (1992, 93, 94). He ended his career with 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery. He was the team's 1996 Steve Largent Award winner, was part of the NFL's All-Decade Team of the 1990s, was inducted into the Seahawks Ring of Honor, was voted to the Pro Football Hall of Fame, and had his No. 96 jersey retired in 2012. Kennedy passed away in 2017, but the impact he made, and his legacy continues to live on.

DAVE KRIEG

Quarterback

Krieg spent the first 12 years of his 19-year NFL playing career with the Seahawks, when he finished his Seahawks career, he was the first Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983. His name is on many lists throughout the record books, but most notably he has the third-most passing yards (26,132) and second-most touchdown passes (195). He was a two-time captain, 2004 Ring of Honor inductee and a three-time Pro Bowler (1984, 88, 89).



STEVE LARGENT

Wide Receiver

In 1989, Largent concluded his 14-year NFL career with league career records for receptions (819), yards (13,089), touchdowns (100), consecutive games with a reception (177), 50-catch seasons (10), and 1,000-yard seasons (8). Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. Largent was selected to play in the Pro Bowl seven times (1978, 79, 81, 84-87) and was first-team All-NFL in both 1979 and 1985. Largent has an award named after him, the Steve Largent Award, presented to the player, or coach who best exemplifies the spirit, dedication and integrity of the Seahawks, and was also the 1988 NFL Man of the Year.

TYLER LOCKETT

Wide Receiver

Lockett spent the entirety of his 10-year career with the Seahawks. During his rookie season, he earned first-team AP All-Pro honors, a Pro Bowl selection and made the 2015 NFL All-Rookie Team for his work as a return specialist. Lockett was the team's consistent punt and kick returner from 2015-19, and was the league-leader in kick return yards in 2017 with 949 yards. In 2019, Lockett posted his first of four 1,000-plus yard seasons at receiver (2019-22). Since then, Lockett has been the team's Steve Largent Award on three occasions (2021-22, 24), and was named the Seahawks Man of the Year nominee in 2021-22. Lockett is also a two-time captain (2022, 23). Lockett finished his Seattle career ranking second in franchise history, in receptions (661), receiving yards (8,594) and receiving touchdowns (61), trailing only Hall of Famer Steve Largent.

TOP 50 PLAYERS

Though he was not drafted to the Seahawks, the city of Seattle affectionately claimed Lynch as one of their own. He was acquired via a trade from the Buffalo Bills in October of the 2010 season. Lynch went on to have four Pro Bowl seasons with Seattle, during his first stint with the team, and was named first-team AP All-Pro in 2012 and second-team AP All-Pro in 2014. He posted four 1,000-yard rushing seasons and was the league leader in touchdowns in both 2013 (12) and 2014 (13). He is known by many as Beast Mode and claims the most famous postseason run in NFL history, where he barreled through the Saints defense, breaking eight tackles on the way to a touchdown in the 2010 Wild Card Game. The crowd was so loud that it registered on seismic activity, and the play is now forever known as Beast Quake. He was a part of the team during their back-to-back appearances in the Super Bowl and was named to the NFL's All-Decade Team of the 2010s.

MARSHAWN LYNCH

Running Back

BRANDON MEBANE

Defensive Tackle

A 2007 third-round draft pick, Mebane played for the Seahawks and started 10 games his rookie season. Mebane spent the first four seasons of his career playing at left defensive tackle and then was moved over to right defensive tackle for the next five seasons. He played in 131 games, recorded 15.5 sacks and 349 tackles. He was part of the Super Bowl XLVIII team, providing veteran leadership on a young defense.

DK METCALF

Wide Receiver

A second-round pick out of Mississippi, came to Seattle his rookie season, and started 15 games. The following season Metcalf notched 1,000 receiving yards and was voted to his first of two Pro Bowls. He is the third player in NFL history to reach 50 receptions, 900 yards and five touchdowns in each of his first five seasons (A.J. Green, Randy Moss). Metcalf finished his Seahawks career ranking first in franchise history in a player's first six seasons in receptions (438), yards (6,324) and touchdowns (48). Those 48 touchdowns rank fourth in Seattle history.

BRYAN MILLARD

Guard

Millard played in 121 games over the course of his career, and spent all eight seasons of his NFL career in Seattle. Millard started his football career with the USFL's New Jersey Generals.

TOP 50 PLAYERS

Nash joined the Seahawks as an undrafted free agent out of Boston College in 1982 and went on to play his entire 15-year career in Seattle. Nash earned Pro-Bowl and first-team AP All-Pro honors in 1984 after registering seven sacks and scoring a defensive touchdown. The Boston, Mass. native holds the Seahawks' record for most career games played with 218. He received the Steve Largent Award along with Jeff Bryant in 1992, cementing himself as an all-time great Seahawk.

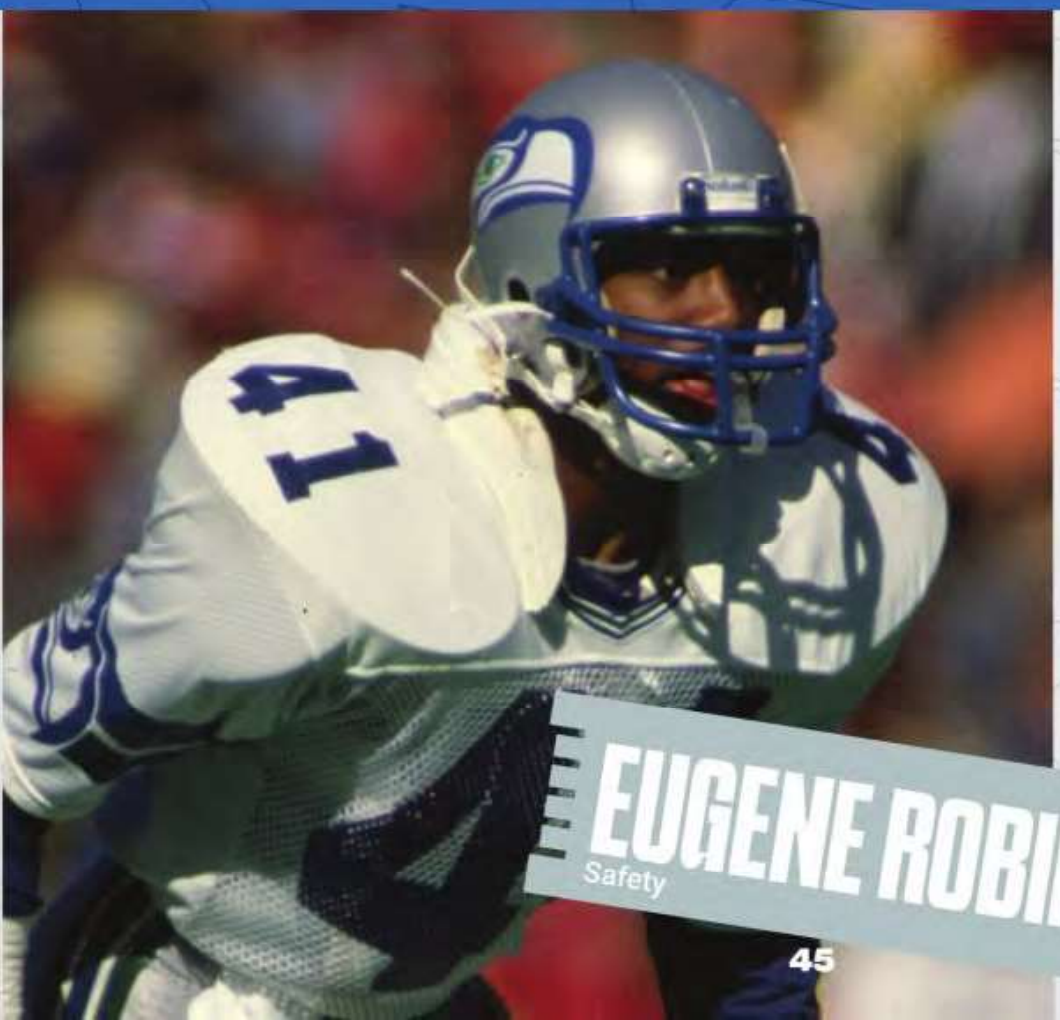
JOE NASH

Defensive Tackle

RUFUS PORTER

Linebacker

Rufus Porter signed with the Seahawks as an undrafted free agent out of Southern University in 1988. Porter made an immediate impact in Seattle as he was named a Pro-Bowler in each of his first two seasons in the NFL. Porter had 37.5 of his 41 career sacks with Seattle, including a career high of 10.5 in 1989. He played seven of his 10 seasons with the Seahawks, totaling 523 tackles with the team.



EUGENE ROBINSON

Safety

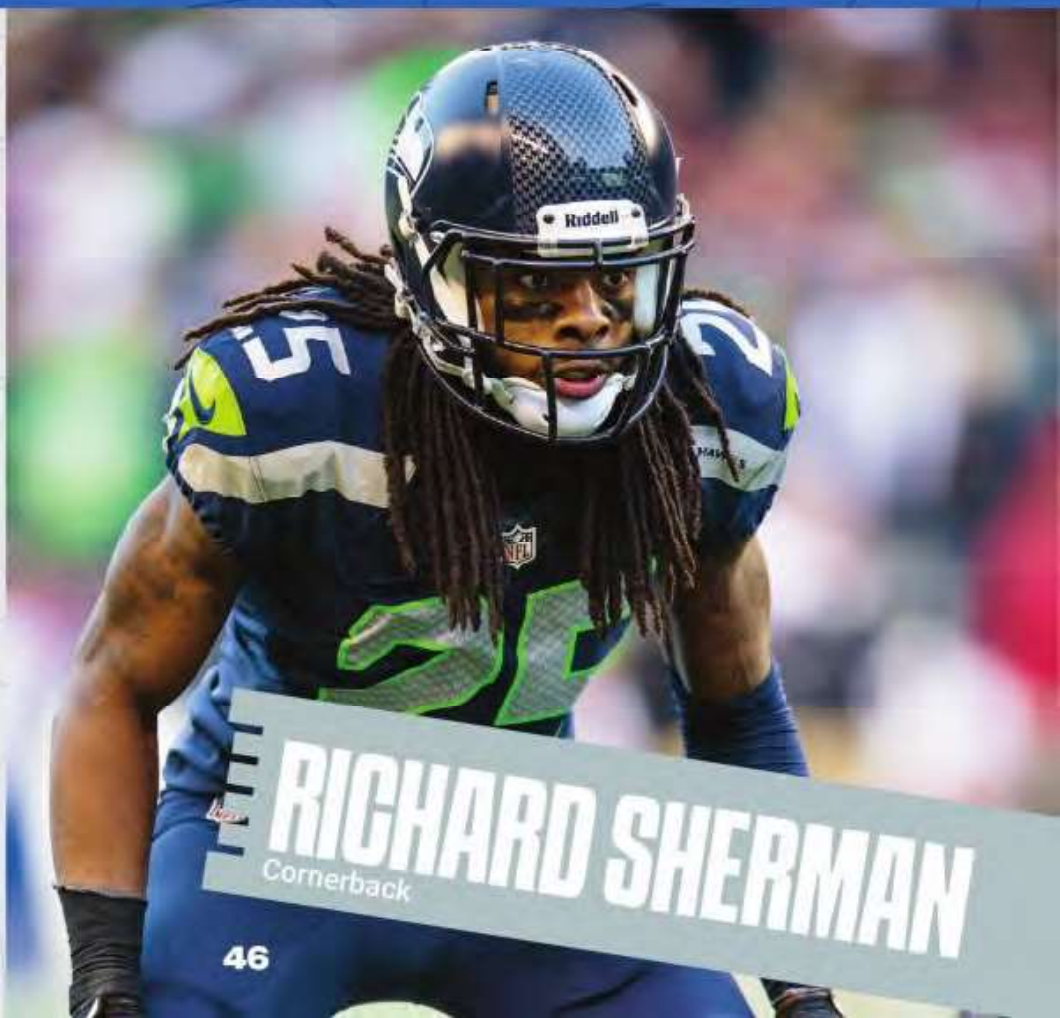
Eugene Robinson signed with the Seahawks as an undrafted free agent from Colgate prior to the start of the 1985 season and would go on to play 11 of his 16 seasons in Seattle. Robinson made a tremendous impact during his Seahawks tenure, ranking in the top-five of multiple franchise record categories. He ranks second in franchise history with 42 interceptions, second in fumble recoveries with 14 and second in tackles with 984. His career high of nine interceptions in 1993 were tied for an NFL lead and rank second in a single season in franchise history. His impact went far beyond the game of football as he was nominated as the Seahawks Man of the Year for three consecutive years starting in 1991 and was also honored with the Steve Largent Award in 1993. The three-time Pro Bowler retired from football following the 2000 season.

After two seasons in Green Bay to begin his NFL career, Ryan established himself as one the best punters in Seahawks history over the course of his decade-long tenure in Seattle. Ryan set numerous franchise records including number of punts (770) and number of punts downed inside the 20 (276). Despite being a punter, Ryan completed one of the most notable passes in franchise history which helped spark a comeback from a two-possession deficit in the 2014 NFC Championship Game vs. the Packers. His 19-yard touchdown pass to Garry Gilliam in the third-quarter of the NFC title game remains one of the most memorable plays in franchise history. After 10 seasons and one Super Bowl championship in Seattle, the Saskatchewan native returned to the Canadian Football League where his career began in 2004. Ryan signed a one-day contract to retire as a Seahawk on April 16, 2024.

JON RYAN
Punter

TOP 50 PLAYERS

Richard Sherman played seven seasons in Seattle, establishing himself as one of the all-time great Seahawks. A fifth round pick out of Stanford, Sherman wasted no time making a name for himself as he started 10 games as rookie and picked off four passes. He followed up a stellar rookie season with a run of four-consecutive seasons being named an AP All-Pro and becoming an original member of one of the most iconic secondaries of all time, the Legion of Boom. Sherman had two consecutive seasons of recording eight interceptions including a league-most during the 2013 season where the Seahawks won their first Super Bowl in franchise history. He ended his Seahawk career with 368 tackles, 32 interceptions, 99 passes defensed and five forced fumbles. His dominant play in Seattle earned him four Pro-Bowl bids, four All-Pro nominations and a spot on the NFL All-Decade Team for the 2010s.



RICHARD SHERMAN
Cornerback

Defensive end Michael Sinclair went on to play a decade for the Seahawks after being selected in the sixth round of the 1991 NFL Draft. Sinclair became one of the franchise's premier pass rushers as he holds the Seahawks single-season sack record with 16.5 and ranks second in club history with 73.5 career sacks. He put together a three-year run of having at least 12 sacks in a season starting in 1996 and was named to the Pro-Bowl in each of those seasons. Sinclair also proved to be one of the best players in Seahawks history at causing turnovers as he forced the second most fumbles in franchise history, including tying Jacob Green's single-season club record of seven in 1998. He would go on to play his final season in Philadelphia in 2002 before retiring from the game.

MICHAEL SINCLAIR

Defensive End

As an undrafted free agent out of the University of Georgia, Mack Strong went on to play all 14 of his seasons in Seattle, paving the way for some of the best running backs in franchise history. Strong served as the lead blocker for 1,000-yard rushers Chris Warren, Ricky Watters and Shaun Alexander, including Alexander's record-breaking MVP season in 2005. He was awarded AP All-Pro honors and his first trip to the Pro Bowl in 2005 during Seattle's run to the Super Bowl. Strong was the epitome of what it meant to be a Seahawk as he won the team's Steve Largent Award five times which is more than any player in team history. His work off the field was recognized by the league as he was the Seahawks' nominee for the Walter Payton NFL Man of the Year Award in 2004.

MACK STRONG

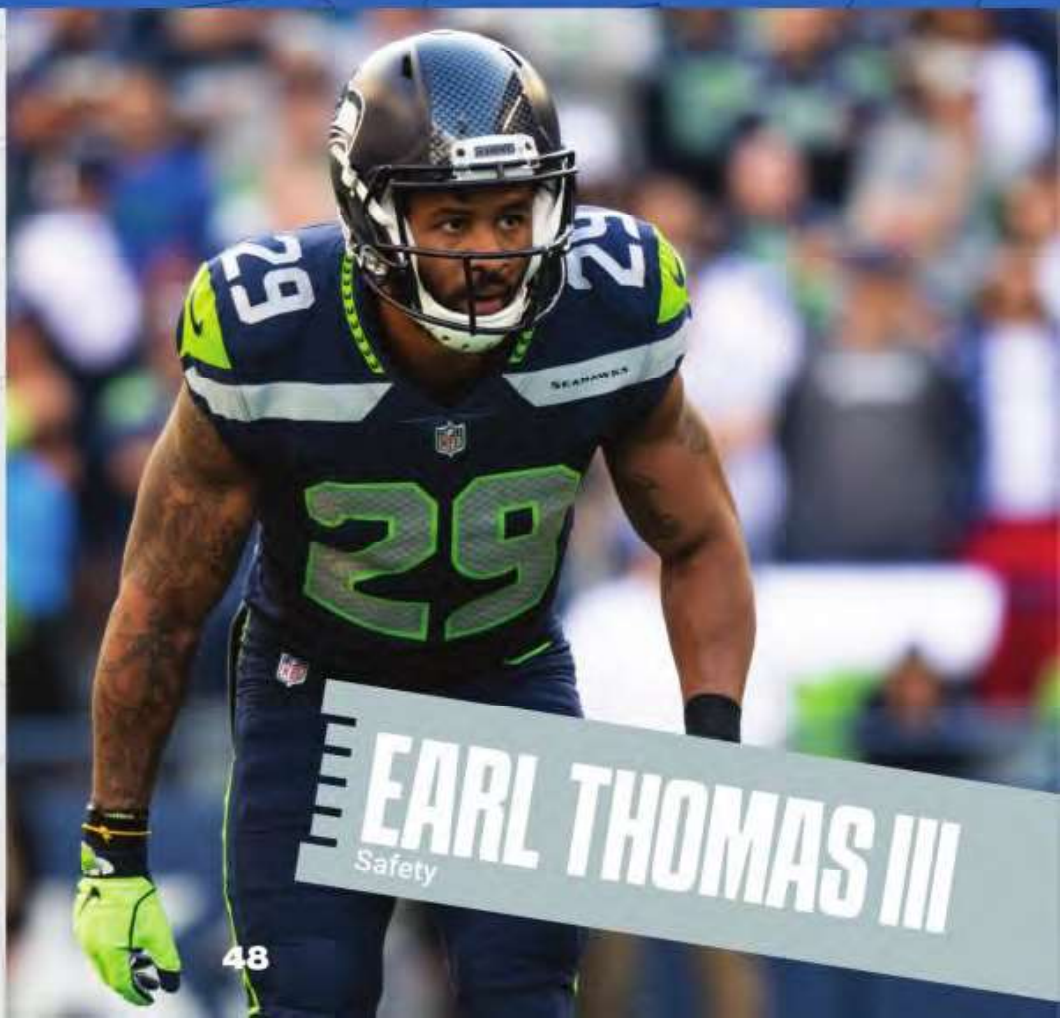
Fullback

LOFA TATUPU

Linebacker

Lofa Tatupu made the transition from college to the NFL better than most as the second-round pick out of USC started all 16 games as a rookie for the NFC Champion Seahawks in 2005. He began his NFL career with three straight seasons starting every game, recording at least 100 tackles and earning Pro Bowl honors. He was named an AP All-Pro for the first time in his career in 2007 after registering career highs in interceptions with four and forced fumbles with three. Tatupu played all six seasons in Seattle, starting 84 games and finished his career with 552 tackles, 10 interceptions, 41 passes defensed and seven forced fumbles.

TOP 50 PLAYERS



EARL THOMAS III

Safety

Thomas played a pivotal role in the Seahawks' success in the 2010s as an original member of the Legion of Boom and one of the league's best safeties. After a sensational rookie year, Thomas put together five-consecutive seasons of making the Pro Bowl, including four seasons where he was named an All-Pro. Thomas started 106 consecutive games to start his NFL career, which is the third longest streak in franchise history, trailing only Chris Gray and Russell Wilson. He played nine of his 10 NFL seasons in Seattle, cementing himself as an all-time great defensive back and a crucial piece on the Seahawks only Super Bowl championship. He finished his Seahawks tenure with 664 tackles, 67 passes defensed, 28 interceptions and 11 forced fumbles. His dominance throughout the 2010s was recognized as he was named a member of the NFL's All-Decade Team of the 2010s. After being named a Pro-Bowler in his only season in Baltimore, Thomas retired from the NFL following the 2019 season.

Tobeck signed with Seattle after six years in Atlanta starting as both a center and left guard. In his second season with the Seahawks, Tobeck became the starting center and held that role for 93 consecutive games, including playoff appearances, across his final six seasons in the NFL. Tobeck earned Pro-Bowl honors in 2005 and played in two career Super Bowls, including Super Bowl XL, the first appearance in Seahawks franchise history. He also served as a team captain for two seasons from 2001-02. Tobeck retired following the 2006 season, returning in December of 2007 to raise the 12 Flag ahead of a home game against Baltimore.

ROBBIE TOBECK

Center

MARCUS TRUFANT

Cornerback

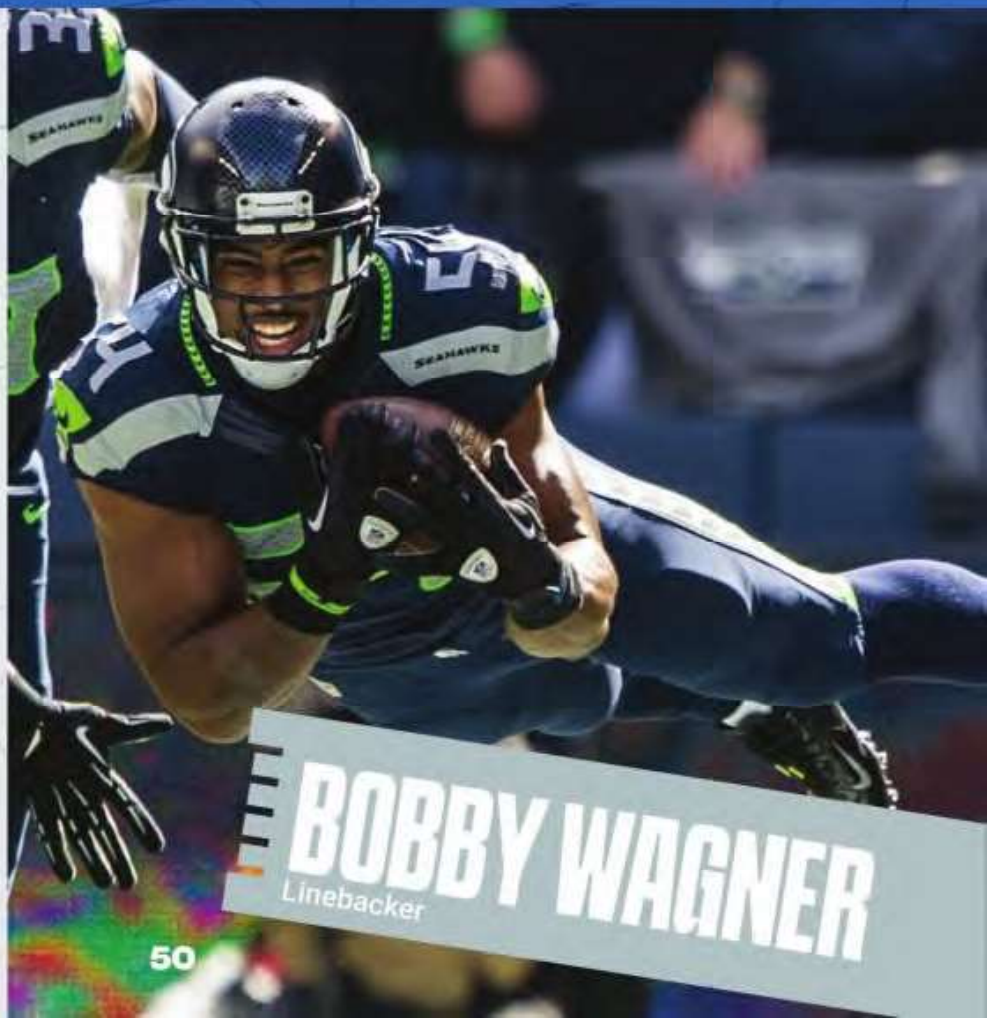
A Tacoma native, Trufant was selected out of Washington State by Seattle in the first-round of the 2003 NFL Draft and spent all 10 seasons of his NFL career with his hometown team. As a rookie, he recorded two interceptions, one fumble recovery, and 83 total tackles on his way to being named to the 2003 NFL All-Rookie Team. In 2006, the team nominated him the Seahawks Man of the Year. The following season, he recorded seven interceptions, including three in a single game against Arizona which is tied for the most in franchise history, and was named to the 2007 Pro Bowl. Trufant served as the defensive team captain in 2011 and his 21 career interceptions are seventh-most in franchise history. In April 2014, after having spent the 2013 offseason with the Jacksonville Jaguars, Trufant signed a one-day contract and retired as a Seahawk.

Seattle selected Unger in the second-round of the 2009 NFL Draft and he became the starting right guard during his rookie season. The next season, he moved to center and spent the rest of his career there. In 2012, he was named offensive captain and was later named first-team All-Pro and selected to the Pro Bowl. Unger repeated as a Pro Bowl selection the following year and was the starting center for the Seahawks' Super Bowl XLVIII win over the Broncos. During the 2015 NFL Draft, Unger was packaged in a trade with the New Orleans Saints for tight end Jimmy Graham. Unger played in New Orleans for four more seasons, earning a third-career Pro Bowl selection in 2018, before retiring in 2019.

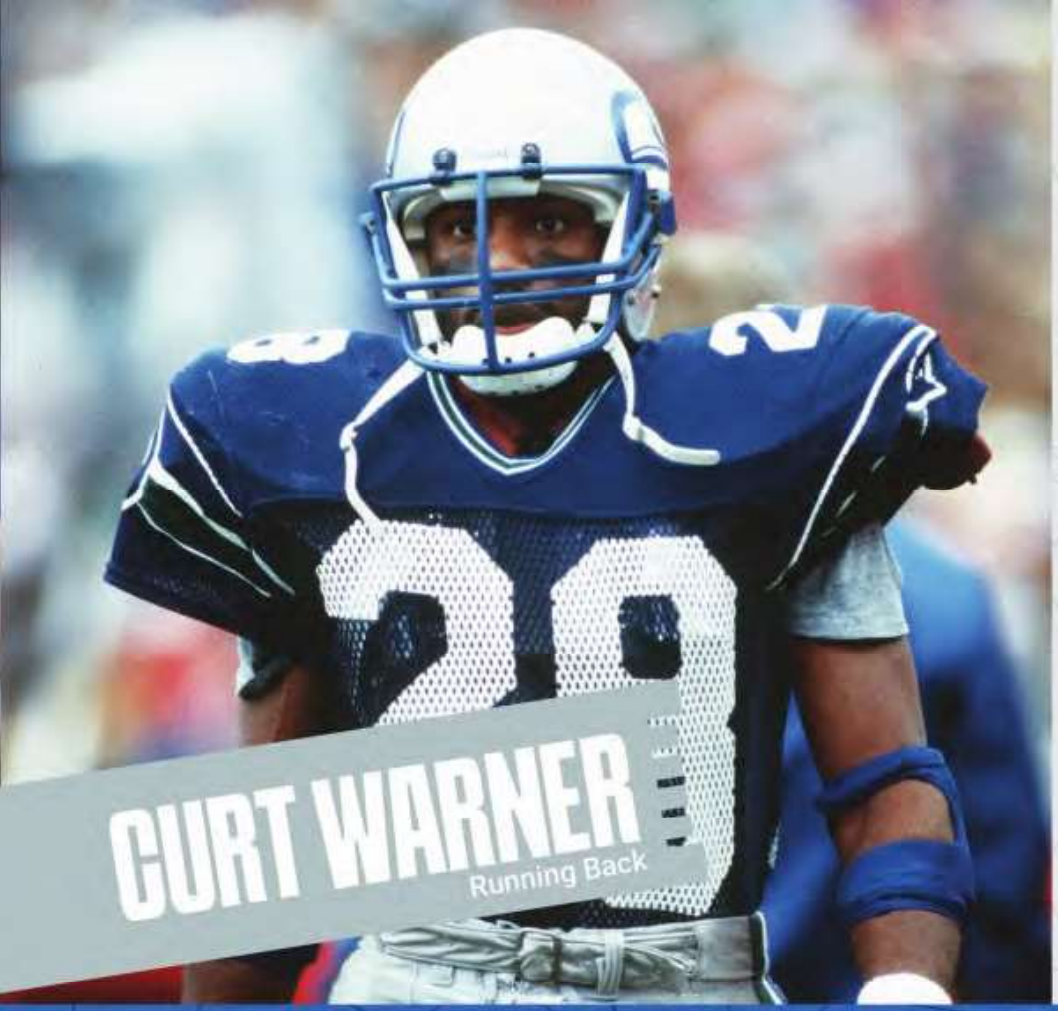
MAX UNGER
Center

TOP 50 PLAYERS

Wagner, drafted in the second-round of the 2012 NFL Draft, built a storied career as one of the NFL's most accomplished linebackers. Wagner was named a Pro Bowler in eight consecutive seasons from 2014-21 and earned All-Pro honors 10 times, including during his season in Los Angeles, placing him alongside Hall of Famers Ray Lewis and Lawrence Taylor. In 2019, he became the Seahawks all-time leading tackler and finished his tenure with 1,564 tackles, the only player in franchise history to surpass 1,000. Wagner captained the Seahawks defense for most of his time in Seattle and led the NFL in tackles three times (2016, 19, 23). A key part of Seattle's defense during their Super Bowl XLVIII win and Super Bowl XLIX appearance, Wagner shared or led the team in tackles in each game. He broke the franchise mark for most tackles in a game twice and holds the longest interception return in team history (98-yard touchdown). Beyond his on-field dominance, Wagner earned the prestigious Steve Largent Award twice, was a two-time Seahawks Man of the Year nominee, and was an Art Rooney Sportsmanship Award recipient.

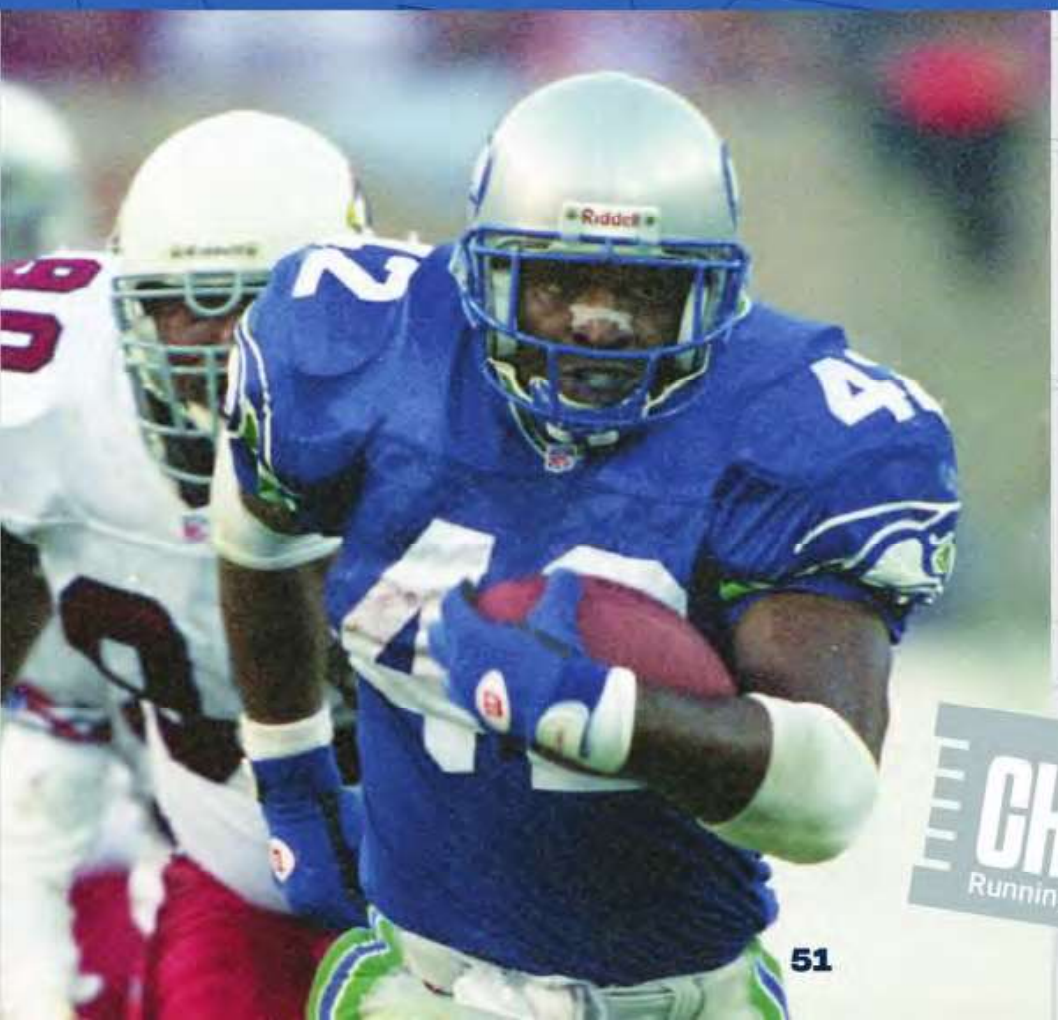


BOBBY WAGNER
Linebacker



CURT WARNER
Running Back

Warner, a standout running back, was selected with the third overall pick in the 1983 NFL Draft. He made an immediate impact, rushing for 1,449 yards and scoring a career-high 14 total touchdowns in his rookie season. His performance earned him second-team AP All-Pro and Pro Bowl honors, and he was named the Seahawks' MVP, an award voted on by his teammates. Though a torn ACL sidelined him in the 1984 season opener, Warner made a remarkable comeback the following year, surpassing 1,000 rushing yards and earning the Sports Illustrated Comeback Player of the Year Award. He earned another Seahawks MVP award in 1986 and went on to serve as team captain in 1987. He ranks third in franchise history with 6,705 rushing yards and 55 rushing touchdowns, and he shares the record for most rushing touchdowns in a single game with four. After his seven-year stint with Seattle, in which he earned three second-team AP All-Pro and Pro Bowl nominations each, he spent his final season with the Los Angeles Rams.



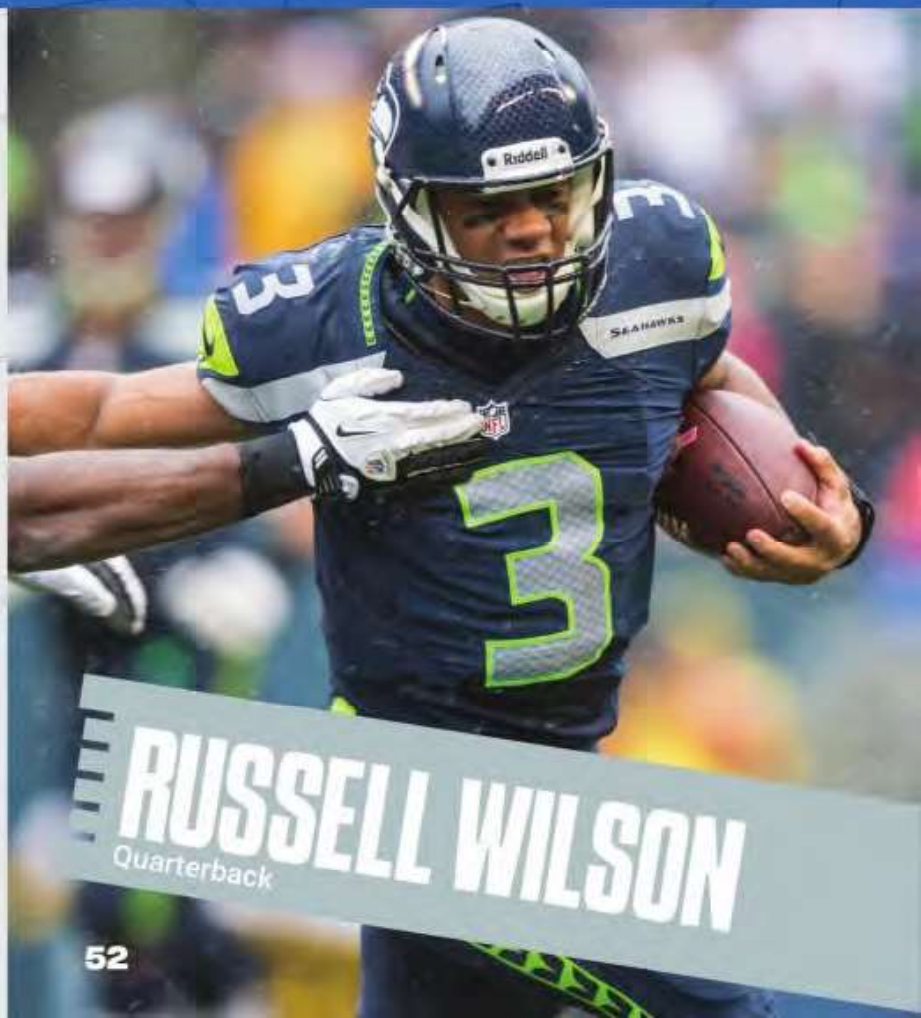
CHRIS WARREN
Running Back

Warren had an 11-year NFL career as a running back, primarily with the Seattle Seahawks, who selected him in the fourth-round of the 1990 NFL Draft. Twice, Warren was named second-team AP All-Pro (1994-95), he made three Pro Bowls (1993-95), and was named Team MVP in 1994 and 1995 by his teammates. In 1996, he served as team captain. Warren ranks second in franchise history with 6,706 rushing yards, fourth in rushing touchdowns with 44, and holds the seventh-most total touchdowns in a season (48) in Seahawks history. By the end of his time in Seattle, he held what was then the franchise record for total rushing yards (later surpassed by Shaun Alexander in 2005). Warren finished his playing career with Dallas and Philadelphia.

JOHN L. WILLIAMS
Fullback

Williams, a first-round pick out of Florida in the 1986 NFL Draft, became a unique offensive option for Seattle. Williams led the Seahawks in receptions for three seasons (1988, 90, 92), including a career-high of 12 receptions in a game, showcasing his versatility as a fullback. Williams was voted Team MVP twice (1988, 90) and selected to the Pro Bowl in back-to-back seasons (1990-91). During his eight seasons in Seattle, he started 116 games, scored 17 touchdowns, and recorded the fifth-most pass receptions (471) and sixth-most rushing yards in franchise history (4,579). Williams finished his career in Pittsburgh, playing two more seasons. In 1997, Williams was inducted into the University of Florida Athletic Hall of Fame.

TOP 50 PLAYERS



RUSSELL WILSON
Quarterback

Wilson, selected by the Seattle Seahawks in the third-round of the 2012 NFL Draft, secured the starting quarterback role as a rookie. By the end of his rookie season, Wilson won the Steve Largent Award, which he later earned in back-to-back years from 2018-19. Over his career with Seattle, Wilson was a nine-time Pro Bowl selection, earned second-team AP All-Pro honors in 2019, and served as team captain for nine of his 10 seasons (2013-21). Wilson was also nominated for the Seahawks Man of the Year award in 2014 and 2020, the latter year earning him the prestigious Walter Payton NFL Man of the Year Award. In 2022, he received the Bart Starr Award for exemplifying outstanding character and leadership. Wilson was the starting quarterback for the Seahawks back-to-back Super Bowls. During Seattle's Super Bowl XLVIII win over Denver, Wilson threw for 206 yards and two touchdowns with a 123.1 passer rating. He holds a litany of Seahawks franchise records, including highest career passer rating (101.8), most career passing yards (37,059), most career touchdown passes (292), most career rushing yards by a quarterback (4,689), and most combined wins by a starting quarterback (113). Wilson also holds the NFL records for most passing yards in a playoff game by a rookie (385) and most fourth-quarter touchdown passes in a season (16).

DEVON WITHERSPOON

Cornerback

Witherspoon, selected fifth overall in the 2023 NFL Draft, quickly made a name for himself with a breakout performance in Week 4 against the New York Giants, just his third game played. He recorded a 97-yard interception returned for a touchdown, the second-longest in franchise history. Witherspoon became the first player in NFL history to record two or more sacks and an interception return of over 95 yards in the same game. By the end of his rookie season, Witherspoon tallied 16 passes defensed, one interception, one forced fumble, 79 total tackles, and three sacks. He was named to the PFWA All-Rookie Team, earned a Pro Bowl selection, and received votes for AP Defensive Rookie of the Year.

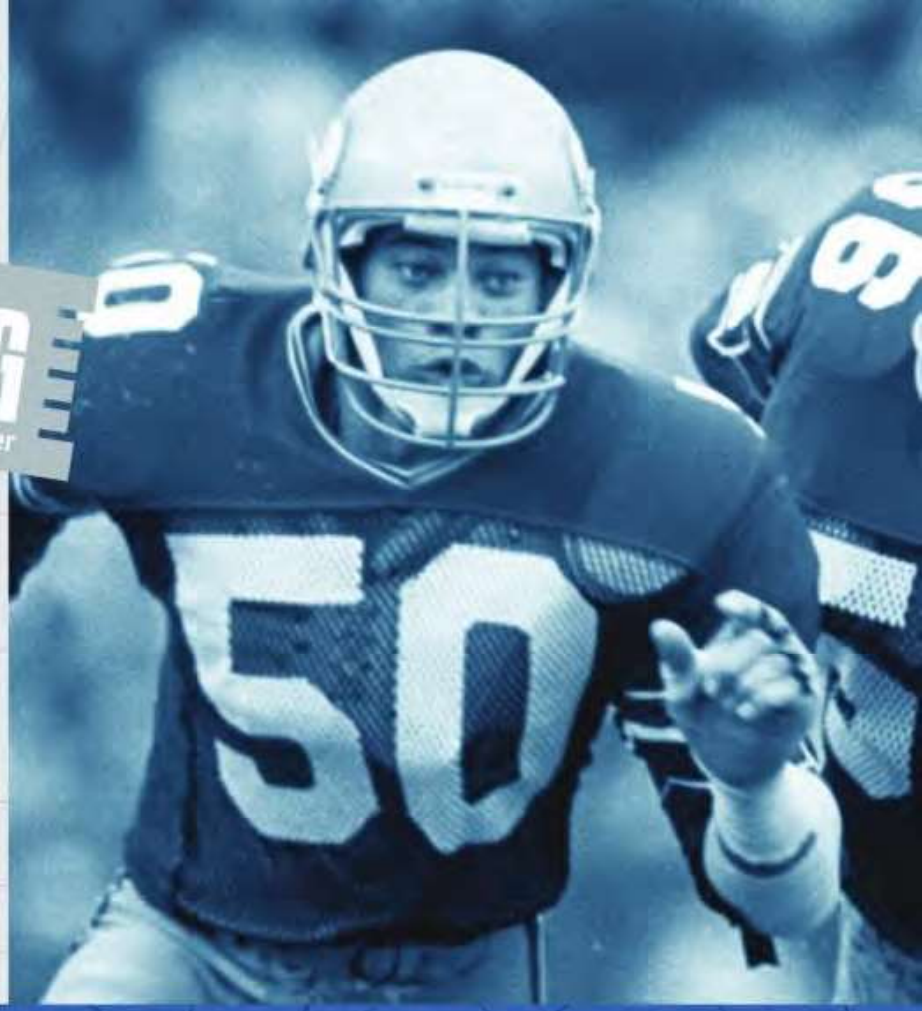
K.J. WRIGHT

Linebacker

Wright, a fourth-round pick in the 2011 NFL Draft, became one of the most dependable linebackers in Seahawks history. He led the team in tackles in both 2014 (107) and 2015 (116) and earned a Pro Bowl selection in 2016. Wright was nominated Seahawks Man of the Year in 2018 and tied for the team lead with three interceptions in 2019. In 2020, he received the Steve Largent Award. Wright's 11-career forced fumbles are tied for ninth-most, and his nine-career fumble recoveries are tied for eighth-most in franchise history. With 934 tackles, he ranks third all-time for the Seahawks. Across 144 games, of which he started 140, Wright appeared in two Super Bowls, including the Seahawks victory in Super Bowl XLVIII. After 10 years in Seattle, he played one final season with the Las Vegas Raiders, Wright retired as a Seahawk in July of 2022, signing a one-day contract. He returned that season to raise the 12 Flag before Seattle's home opener against the Denver Broncos.

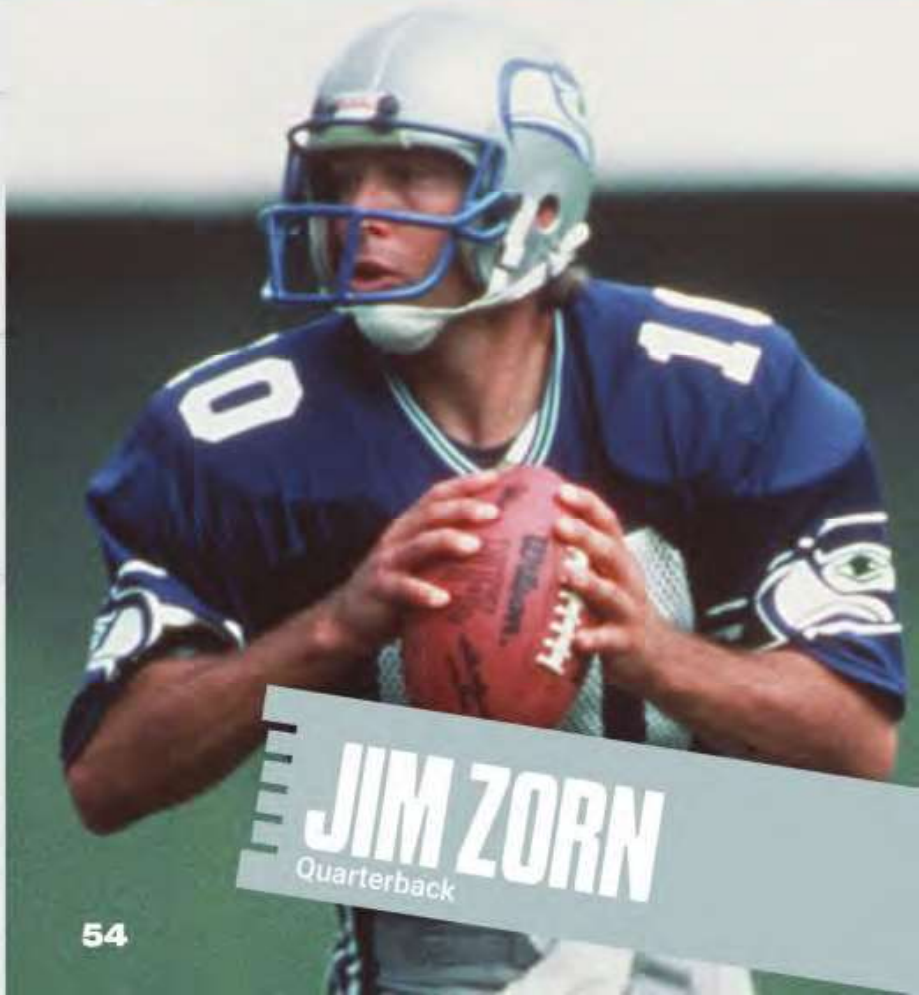
FREDD YOUNG

Linebacker



Young, selected by the Seahawks in the third-round of the 1984 NFL Draft, was named AFC Special Teams Player of the Year in his rookie season. He earned Pro Bowl honors in each of his four seasons in Seattle and led the team in tackles from 1985-87, surpassing 100 tackles each year. In 1987, he earned first-team AP All-Pro recognition and received votes for AP Defensive Player of the Year after recording nine sacks. He tallied 19 sacks in his four seasons with Seattle and blocked two punts, tied for second-most in franchise history. In 1988, he was traded to the Indianapolis Colts for two first-round picks, where he played for three more seasons before concluding his NFL career.

TOP 50 PLAYERS



JIM ZORN

Quarterback

Zorn, signed as an undrafted free agent in 1976, became the Seattle Seahawks first-ever starting quarterback. In his rookie season, he led the NFL in pass attempts with 439, setting a record 2,571 passing yards for an expansion team. Zorn's debut earned him Seahawks team MVP, NFC Offensive Rookie of the Year, and a spot on the All-Rookie Team. The quarterback's greatest connection came with Hall-of-Fame receiver Steve Largent and together they created a high-flying identity for the expansion team. Zorn led the league in yards per pass completion (16.2) in 1977 and was named second-team AP All-Pro in 1978, earning Seahawks team MVP a second time. He also received votes for Offensive Player of the Year in 1978 and 1979. Zorn was nominated Seahawks Man of the Year in 1980. Across 126 games, starting 100, he ranks fourth in Seahawks franchise history in passing attempts (2,990), completions (1,593), passing yards (20,122), and touchdown passes (107). After two final seasons with Green Bay and Tampa Bay, Zorn retired in 1987. In 1991, he became the second inductee into the Seahawks Ring of Honor. Zorn later transitioned to coaching, serving as a Seahawks offensive assistant in 1997 and quarterbacks coach from 2001-07, continuing to shape the franchise he helped build.

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COACHING STAFF

MIKE MACDONALD
HEAD COACH

Mike Macdonald was named the ninth head coach in Seattle Seahawks history on January 31, 2024.

Macdonald joined Seattle after spending nine of 10 seasons (2014–23) with the Baltimore Ravens, serving the last two seasons as defensive coordinator. He spent the 2021 season as the University of Michigan's defensive coordinator. Prior to his time with the Wolverines, Macdonald spent seven seasons (2014–20) in Baltimore, serving as linebackers coach (2018–20), defensive backs coach (2017), defensive assistant (2015–16), and defensive coaching intern (2014).

In Macdonald's first season as head coach, Seattle finished second in the NFC West with a 10-7 record, marking the Seahawks' 14th double-digit win season in franchise history and the ninth time reaching 10 wins in the last 13 seasons. Macdonald became the winningest first-year head coach in franchise history, surpassing Chuck Knox and Mike Holmgren, each with nine wins. Seattle tied the franchise record (2019 season) with six consecutive road wins and matched the best road record in club history at 7-1. The team concluded the season by winning six of its final eight games, led by a defense that ranked fourth in the NFL in yards allowed (304.8), fifth in points per game (18.4), fifth in first downs allowed (18.1), and sixth in pass defense (205.0) during Weeks 11-18.

Before arriving in Seattle, Macdonald served as the defensive coordinator for the Baltimore Ravens, where he spent nine of 10 seasons from 2014-23. In 2023, he was named the PFWA Assistant Coach of the Year after leading one of the most dominant defensive units in NFL history. That Ravens defense became the first to finish a season ranked No. 1 in points allowed per game (16.5), sacks (60), and takeaways (31, tied). It also led the league in point differential (+203) and turnover margin (+12, tied). The unit was anchored by four AP All-Pros—safety Kyle Hamilton, defensive tackle Justin Madubuike, and linebackers Patrick Queen and Roquan Smith. Madubuike led all interior linemen with 13.0 sacks, and safety Geno Stone ranked second in the NFL with seven interceptions.

After one season at Michigan, Macdonald returned to the Ravens as their defensive coordinator in 2022, where he found immediate success. That year, Baltimore ranked third in scoring defense (18.5 ppg), third in run defense (92.1 ypg), third in red zone defense (46.4%), and fourth in third-down defense (34.9%).

While leading the defense at Michigan in 2021, Macdonald's unit posted the nation's No. 8 scoring defense (17.4 ppg), ranked 20th in yards allowed per game (330.9), and finished 11th in red zone defense (45.7%). He played an instrumental role in the breakout season of No. 2 overall pick DE Aidan Hutchinson, who earned first-team All-America honors and was a Heisman Trophy finalist after recording a career-high and single-season school record 14.0 sacks.

From 2018-20, Macdonald led a Ravens linebacking corps that helped Baltimore produce the NFL's No. 1 overall defense (307.8 ypg) over that span, while also allowing the league's fewest points per game (18.2). LBs Matthew Judon (2019-20) and C.J. Mosley (2018) earned Pro Bowl honors under Macdonald's tutelage.

In 2020, Baltimore allowed the NFL's second-fewest points (18.9) and seventh-fewest yards (329.8 ypg). The Ravens also had the league's No. 2 third-down defense (34.0%) and produced an NFL-high 25 forced fumbles.

The Ravens upheld their strong defensive tradition in 2019, allowing the NFL's third-fewest points (17.6) and fourth-fewest yards (300.6 ypg). Baltimore also ranked fifth against the run (93.4 ypg) and sixth in pass defense (207.2 ypg), en route to a franchise-best 14–2 record and a second-straight AFC North Division title. In 2018, the Ravens boasted the NFL's No. 1 defense, allowing just 292.9 yards per game and the second-fewest points per game (17.9).

Before joining Baltimore in 2014, Macdonald spent four seasons (2010-13) at the University of Georgia, first as a student assistant (2010), then three years as a graduate assistant, working primarily with the linebackers. He helped mentor LB Ramik Wilson, who earned first-team All-SEC honors after leading the conference with 133 total tackles, including 11 for loss.

While attending Georgia, Macdonald began his coaching career at Cedar Shoals High School, coaching linebackers and running backs under head coach Xarvia Smith—his former coach at Centennial High School in Roswell, Ga.

Macdonald graduated summa cum laude with a finance degree from Georgia's Terry College of Business in 2010 and earned his master's degree in sports management from Georgia in 2013 while serving as safeties and defensive quality control coach for the Bulldogs.

A two-sport athlete (football and baseball) at Centennial High, Macdonald and his wife, Stephanie, were married in 2021 and have one son, Jack.

ADEN DURDE
DEFENSIVE COORDINATOR

Aden Durde joined the Seahawks coaching staff as defensive coordinator on February 13, 2024, following three seasons (2021-23) as the Cowboys defensive line coach. He returned to Dallas in 2021 after beginning his NFL coaching career there during training camp as a Bill Walsh NFL Diversity Coaching Fellowship intern in 2014 and 2015.

In his first season as defensive coordinator, Durde helped the development of a Seattle defensive unit that finished strong, ranking fifth in points allowed per game (18.4), fourth in yards allowed per game (304.8), fifth in first downs (18.1), and sixth in pass defense (205.0) during Weeks 11-18. DE Leonard Williams was selected to the Pro Bowl and led all NFL interior linemen in sacks (11.0, T10th NFL) and tackles for loss (career-high 16), becoming the first Seattle player to reach double-digit sacks since 2018. CB Devon Williams became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations.

In 2023, Durde saw second-team AP All-Pro LB Micah Parsons set a career-high with 14.0 sacks and join Hall of Famer Reggie White as the only players since 1982 to record 13.0 or more sacks in each of their first three NFL seasons. In three seasons under Durde, Parsons 40.5 sacks made him the fifth player since 1982 to record at least 40 sacks in his first three seasons, joining Reggie White (52.0), Derrick Thomas (43.5), Aldon Smith (42.0) and Dwight Freeney (40.0). Parsons was also a three-time Pro Bowler and three-time AP All-Pro (first-team in 2021-22).

Durde's guidance of the defensive line saw continued success in 2022 as the unit contributed 44 of the defense's 54 sacks on the season, including Parsons 13.5 sacks as the linebacker played the vast majority of his snaps as an edge rusher on the line in his second season. Parsons joined Aldon Smith and Reggie White as the only players since 1982 with 13.0-plus sacks in both of their first two seasons. The defensive line also realized career seasons from Dorance Armstrong, who tallied a career-best 8.5 sacks, and Osa Odighizuwa, who had 4.0 sacks and an additional five tackles for loss. Overall, Dallas' 54 sacks ranked third in the NFL in 2022 and were the most by a Cowboys defense since 59 sacks in 2008. The unit also forced the fourth-most negative plays in 2022 with 115.

In his first season at the helm of the defensive line, Durde's unit produced 23 sacks and pressured opposing quarterbacks on 237-of-684 opponent dropbacks, the third-most in the league in 2021, per Pro Football Focus. With a foot injury to DeMarcus Lawrence, rookie Parsons accumulated a franchise rookie record 13.0 sacks.

Prior to Dallas, Durde spent four seasons with the Atlanta Falcons under Dan Quinn, where he was first a coaching intern (2016), then a defensive assistant (2018-19) and finally the outside linebackers coach (2020).

In 2020, two Falcons linebackers surpassed the century mark in tackles - Foye Oluokun (team and career-high 116) and Deion Jones (105), while Jones' career-high 4.5 sacks also led all team defenders. Additionally, Durde filled in as the team's defensive line coach at Minnesota (10/18/20) when both of the Falcons two defensive line coaches did not travel for the game due to COVID-19 restrictions. In 2019, Durde assisted in overseeing a defensive line unit that was anchored by Grady Jarrett and Tyeler Davison.

Durde joined the Falcons after serving as the head of football development at NFLUK, where he helped guide the International Player Pathway program. Working with Super Bowl champion and former Falcon Osi Umenyiora, Durde helped four international players, tight end Alex Gray (Atlanta), defensive end Alex Jenkins (New Orleans), defensive end Efe Obada (Washington), and linebacker Eric Nzeocha (Tampa Bay) transition to practice squads in 2017.

Prior to his work with NFLUK, Durde spent training camp with the Falcons as part of the Bill Walsh NFL Diversity Coaching Fellowship in 2016. He also worked as a coaching intern for the NFL's fellowship program with the Cowboys during training camp in 2014 and 2015. Durde also served as the defensive coordinator of the London Warriors for six seasons (2011-16).

He played linebacker in NFL Europe for six years with the Scottish Claymores and Hamburg Sea Devils and was a member of Hamburg's 2007 NFL Europa World Bowl XV Championship team, the final championship in the European league history. He also spent time on the practice squads of the Carolina Panthers (2005) and Kansas City Chiefs (2008).

Born on July 10, 1979, in North London, England, Durde and his wife, Kate, have two sons, Kane and Dylan.

JAY HARBAUGH
SPECIAL TEAMS COORDINATOR

Jay Harbaugh joined the Seahawks staff as special teams coordinator on February 13, 2024, after spending nine seasons with the University of Michigan.

In Harbaugh's first year in Seattle, kicker Jason Myers connected on 26 of 30 field goal attempts and set a career-high and franchise-record nine field goals from 50-plus yards. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season. Core special teamer Brady Russell led the club with 10 tackles despite missing six games due to injury.

During his time at Michigan, Harbaugh served as a special teams coach from 2015-19 before being named special teams coordinator before the 2020 season. Harbaugh also led the tight ends (2015-16, 21), running backs (2017-20), and safeties (2022-

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23). He was part of a coaching staff that topped 10 wins six times and made three consecutive College Football Playoff appearances from 2021-23, winning the national championship in 2023.

Harbaugh coached a top-20 NCAA-ranked kickoff coverage unit in five of his eight seasons at Michigan including the top-ranked unit in 2017 and the No. 5 unit in 2023. U-M has had a top-25 kick return unit four times (third, 2015; 11th, 2019; 24th, 2020; ninth, 2023). He helped nine Wolverine specialists attain 21 more All-Big Ten honors with one consensus All-American in kicker Jake Moody. In 2021, the Wolverines set school records for net punting and the kickoff unit ranked first nationally (12.4 yards per return attempt). Michigan's special teams unit ranked No. 1 in 2021 and No. 2 in 2019, according to Football Outsiders. Harbaugh was named the Special Teams Coordinator of the Year by FootballScoop.com in 2021.

Under Harbaugh, Moody became the program's first-ever winner and two-time finalist of the Lou Groza Award, and the Big Ten's Bakken-Andersen Big Ten Kicker of the Year, an award he won twice (2021-22). Moody owns Michigan records for career points, field goals, and 40-plus field goals, among others, in addition to a number of single-season records set in 2022.

Two Michigan punters were named semifinalists for the Ray Guy Award: Brad Robbins (2021-22) and Will Hart (2018), who was named a second-team All-American and won the Big Ten's Eddleman-Fields Punter of the Year Award. Hart and Robbins rank one-two in U-M history in single-season and career net punt average. Hart was named a second-team All-American by Sports Illustrated in 2018, ranked as a Ray Guy Award semifinalist and also won the Big Ten's Eddleman-Fields Punter of the Year Award.

In the return game, Donovan Peoples-Jones was a freshman All-American punt returner in 2017, and Jabrill Peppers was the No. 5-ranked individual return man in the nation in 2016. Giles Jackson matched the program record for kickoff return touchdowns with two through his sophomore season (2020), and Khaleke Hudson blocked five punts during his career - a Michigan record. A.J. Henning was twice named an All-Big Ten return man (second team, third team).

While leading the safeties, Harbaugh helped Michigan's pass defense finish No. 5 in pass efficiency defense and No. 20 in pass defense in 2022. U-M held teams to 16.1 points per game (No. 7 NCAA) and safeties Rod Moore and Makari Paige were All-Big Ten honorable mention honorees.

In 2021, Harbaugh's tight end group totaled 57 receptions, led by Erick All, whose 38 catches were the second-most on the roster. The tight end group under Harbaugh was multiple and versatile, a key piece to the Big Ten's best-rushing offense (214.4 yards per game). All was honorable mention All-Big Ten.

In 2019, Harbaugh saw running backs Zach Charbonnet and Hassan Haskins combine for more than 1,300 yards and 15 touchdowns, including a freshman-record 11 scores from Charbonnet. Haskins earned All-Big Ten honorable mention honors and Charbonnet's 726 yards on the ground were the third-most by any freshman in Michigan history, and his four multi-touchdown games were a freshman record as well.

Taking over the running backs room in 2017, Harbaugh helped lead a Michigan ground attack that included three running backs who averaged 5.0 yards per carry or better and each ran for over 500 yards for the first time since 1991. Karan Higdon was a Maxwell Award and Doak Walker Award semifinalist in 2018, as well as a first-team All-Big Ten selection, while becoming Michigan's first 1,000-yard back since 2011.

Harbaugh coached four running backs and tight ends to five All-Big Ten honors, including three first-team accolades. He mentored Michigan's most accomplished tight end, Jake Butt, during the 2015 and 2016 seasons. Butt became Michigan's all-time leader in tight end receptions (138) and yards (1,646). Butt won two Kwalick-Clark Tight End of the Year Awards as the Big Ten's best tight end, was a consensus first-team All-American both years, and won the 2016 John Mackey Award winner as the nation's top tight end.

Prior to arriving in Ann Arbor, Harbaugh spent three seasons working for the Baltimore Ravens, including the 2014 season as an offensive quality control coach, where his work focused on statistical analysis, self-scouting reports and breakdowns of opposing defenses. In 2014, the Ravens posted a record of 11-7, including a wild card playoff game win at Pittsburgh. His previous work included working with the video staff and the weight room staff and was part of the coaching staff that won Super Bowl XLVII under his uncle John Harbaugh.

Harbaugh spent four seasons as an undergraduate assistant at Oregon State under head coach Mike Riley. He performed a number of duties for the Beavers during his time in Corvallis and worked with the special teams units for all four seasons. The Beavers played in two bowls during Harbaugh's tenure (2008-2011), including a win in the 2008 Sun Bowl. He also interned for the San Francisco 49ers in the scouting department during the summer of 2011.

A native of San Diego, Calif., Harbaugh earned a bachelor's degree in sociology from Oregon State. He is the son of former Michigan head coach and current L.A. Chargers coach, Jim Harbaugh.

He and his wife, Brhitney, have two children, Jacob, and Norma.

KLINT KUBIAK
OFFENSIVE COORDINATOR

Klint Kubiak joined the Seahawks staff on January 26, 2025, after one season serving in the same capacity for the New Orleans Saints. It will be his 12th season as an NFL assistant and 16th overall in the coaching ranks.

It was an injury-plagued offense for Kubiak in 2024 as the

Saints utilized three starting quarterbacks. Starter Derek Carr was limited to 10 games, with backups Spencer Rattler and Jake Haener starting the remaining seven games. No. 1 WR Chris Olave, a 1,000-yard receiver in each of his first two seasons, saw his third season cut to eight games and 32 receptions for 400 yards. Kubiak relied on RB Alvin Kamara, who set a career-high with 950 yards on 228 carries, the second-most of his career, while adding six rushing touchdowns. Kamara also led the team in receptions (68) for 543 yards, second-most on the team, with two touchdowns.

As the San Francisco 49ers offensive passing game specialist in 2023, Kubiak played a pivotal role in the planning and tutelage within the passing game of the 49ers. San Francisco finished the regular season ranked second in the NFL in total offense (398.4 ypg), including fourth in net passing yards per game (257.9). It finished first in the league in red zone touchdown percentage (67.2), fourth in third down conversion percentage (47.5) and were tied for the sixth-fewest turnovers in the NFL. Pro Bowl QB Brock Purdy completed 308 of 444 (69.4%) passes for 4,280 yards with 21 touchdowns and 11 interceptions for a league-best 113.0 passer rating, and an NFL-best 123.8 in the fourth quarter. Including Purdy, five offensive 49ers were selected to the Pro Bowl and four as Associated Press All-Pros (TE George Kittle, FB Kyle Juszczyk, RB Christian McCaffrey and T Trent Williams).

In 2022, Kubiak, served as offensive passing game coordinator/quarterbacks coach for the Denver Broncos, after coaching three seasons with the Minnesota Vikings (2019-21), the first two seasons as quarterbacks coach and one year as offensive coordinator.

In 2021, the Vikings offense finished 12th in the NFL in total offense (362.8 ypg.) and 11th in net passing yards per game (249.3), while tying for the fewest interceptions (7) and total giveaways (13). WR Justin Jefferson finished with 108 receptions for 1,616 yards with 10 touchdowns, finishing ranked in the top-10 in all three major receiving categories, earning AP All-Pro honors. QB Kirk Cousins added the third season of his career with 4,000-or-more passing yards and 30-or-more touchdown passes, as he was named to his third Pro Bowl. Pro Bowl RB Dalvin Cook carried 249 times for 1,259 yards with six touchdowns and caught 34 passes for 224 yards.

Under Kubiak's tutelage in 2020, Cousins passed for 4,265 yards with 35 touchdowns, a 67.6 completion percentage and 105.0 passer rating, while the Vikings ranked fourth in the NFL in total offense. Cousins became the first Vikings signal-caller to record a 100+ passer rating in consecutive seasons (105.0), his second-highest of his career behind his 107.4 in 2019, which also came with Kubiak's tutoring. Working with Kubiak in 2019, Cousins also posted 3,602 passing yards and 26 touchdowns with only six interceptions, as he was named to the Pro Bowl.

During the three-season period that Kubiak was on the Vikings offensive staff from 2019-21, Cousins started all 47 games, passing for at least 26 touchdowns and had a 100.0 passer rating each season. Under Kubiak's guidance over the three seasons, Cousins ranked fourth in the NFL in passer rating (105.0), fifth in touchdown passes (94), sixth in passing yards (12,089) and seventh in completion percentage (67.6).

Kubiak served as offensive assistant/quarterbacks coach in his first coaching stint with the Broncos from 2016-18. In 2018, he helped Denver QB Case Keenum throw for 18 touchdowns and a career-high 3,890 yards. Kubiak started his NFL coaching career with the Vikings as a quality control/assistant wide receivers coach from 2013-14.

In addition to his NFL experience, Kubiak coached four years at the collegiate level with Texas A&M and Kansas. He served as an offensive quality control coach (2010-11) and graduate assistant/inside wide receivers coach (2012) for Texas A&M, earning his master's degree in human resource development. Kubiak coached wide receivers for the Jayhawks in 2015.

Kubiak was a four-year letterman at Colorado State. He played safety for the Rams and was named a team captain as a senior, while earning an invite to play in the East-West Shrine Game.

He is the oldest son of Gary Kubiak, who played quarterback for the Denver Broncos for nine seasons (1983-91), was a long-time NFL assistant coach, the Houston Texans head coach (2006-13), and Super Bowl 50-winning head coach for the Broncos (2015-16). He has two brothers, Klay, the San Francisco 49ers offensive passing game specialist, and Klein, who serves as a national scout/special projects for the Dallas Cowboys.

JOHN BENTON
OFFENSIVE LINE

John Benton joined the Seahawks staff as offensive line coach on February 11, 2025. Benton, a 33-year veteran in the coaching ranks, including 19 in the NFL, spent the 2024 season in the same role with the New Orleans Saints. Of the NFL offensive lines he has directed since 2004, seven of them finished in the Top 10 in the NFL in rushing yards per game.

As part of offensive coordinator Kilnt Kubiak's offensive scheme with the New Orleans Saints in 2024, Benton coached an offensive line that helped two-time All-Pro running back Alvin Kamara reach a career-high in rushing yards (950) on 228 carries (4.2 avg.) along with six touchdowns and catching a club-best 68 passes for 573 yards (8.0 avg.) and two touchdowns. That offensive line featured rookie left tackle Taliese Fuaga, the 14th overall pick in the 2024 NFL Draft out of Oregon State. Fuaga was an anchor on the Saints offensive line in his rookie campaign, seamlessly moving over to the left tackle position for his first NFL season, starting all 17 games for an offense that saw improvements in every rushing metric.

Benton spent the 2021 and 2022 seasons as the offensive line

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coach and run game coordinator of the New York Jets. In 2022, Benton's position group showcased their depth and versatility as nine different starters formed seven different combinations, with the Jets improving their win total by three games. Before suffering a season-ending knee injury in Week 7, rookie running back Breece Hall developed and shined behind the Jets offensive line, carrying 80 times for 463 yards (5.8 avg.) with four touchdowns and catching 19 passes for 218 yards with one touchdown. Entering the starting lineup in Week 5 after recovering from an injury, starting left tackle Duane Brown did not give up a sack in 12 contests.

In his first season with the Jets, Benton's group had 11 different players see time, including nine different starters that formed seven different combinations. Improving in the system over the course of the season in both the run and pass game, the line helped pave the way for the Jets to average 5.2 yards per carry, the second-best average in the league over the final eight weeks. In pass protection, the line improved their pressure allowed percentage from 32.4 to 25.6 over Weeks 11-18, a top half percentage in that span. The line's depth and versatility was on full display in Weeks 16 & 17, as Benton's group – dealing with injuries and COVID - blocked for consecutive games of 150-plus rushing yards and one-or-fewer sacks allowed, only the third team in the league with consecutive such games and the first time the Jets did so in back-to-back weeks since 2015. Over those weeks, only two players, Dan Feeney and Morgan Moses – neither Kickoff Weekend starters – started and finished both games, while the Jets used 10 different linemen and seven different starters. Selected in the first round of the 2021 draft following a trade up, rookie left guard Alijah Vera-Tucker allowed just two sacks, the second fewest among all rookies (w/ 500 snaps according to Pro Football Focus) and was named to the PFWA All-Rookie team. Following the loss of second-year standout left tackle Mekhi Becton in Week 1, right tackle George Fant switched to the left side for the remainder of the season and allowed pressure on just 3.2% of his snaps, third-best among all tackles (w/ 400+ pass block snaps according to Pro Football Focus) and the best among left tackles. Additionally, Fant finished with the lowest pressure rate allowed of any Jets tackle since 2006. Another second-year free agent signing, Connor McGovern, was graded as PFF's number nine overall center in 2021.

Over Benton's four seasons in San Francisco (2017-20) as the offensive line coach, the 49ers produced the fourth most rushing yards in the league, with top ten rushing offenses in each of his last three seasons, including the league's number one rushing attack in 2019 as they advanced to Super Bowl LIV. Additionally, in his time with San Francisco, three different tailbacks – Raheem Mostert, Jeffrey Wilson and Matt Breida – all averaged over 4.4 yards per carry on at least 200 attempts, one of only two teams in the league with at least three such players. The line protected quarterback Jimmy Garoppolo, as he finished fourth in yards per attempt (8.2), fifth in completion percentage (67.5%) and ninth in passer rating (98.6) among signal-callers with at least 25 starts since 2018.

Prior to his time in San Francisco, Benton spent a season in Jacksonville (2016) as an assistant offensive line coach. The Jaguars offensive line allowed 34 sacks, 17 fewer than the previous season (51 sacks allowed).

Benton spent two years with the Miami Dolphins (2014-15) as offensive line coach. In his first season with the Dolphins, running back Lamar Miller and quarterback Ryan Tannehill became the first players in team history to register 1,000 yards rushing and 4,000 yards passing in the same season. Additionally, center Mike Pouncey was a two-time Pro Bowler in his two seasons under Benton, while tackle Brendan Albert was also selected.

The offensive line coach with Houston for eight seasons (2006-13), Benton's line helped pave the way for the Texans to finish top-10 in rushing yards in four different seasons, including the 2010 NFL rushing title by Arian Foster (1,616 yards). Foster, a three-time Pro Bowl selection while running behind Benton's lines, averaged 85.8 yards per game, including 94.8 yards per game from 2010-12. Additionally, Benton's eight seasons with the Texans produced five of the top-10 point totals in franchise history, five of the top-10 passing seasons and five of the top-10 rushing seasons, while three different offensive linemen – Brown, center Chris Myers and guard Wade Smith – each earned their first Pro Bowl selections under him.

Benton's first position in the NFL came as the offensive line coach with the St. Louis Rams (2004-05), as the line, anchored by All-Pro tackle Orlando Pace, helped Stephen Jackson rush for the first 1,000-yard season of his career.

Prior to the NFL, Benton coached 17 years at the collegiate level. He began his coaching career as a graduate assistant at his alma mater, Colorado State (1987-90), before moving on to California University (Pa.) from 1990-94, where he served as offensive line coach/recruiting coordinator. He returned to Colorado State in 1995, spending nine years as offensive line coach (1995-99) and co-offensive coordinator (2000-03).

A four-year starter as an offensive lineman at Colorado State (1983-86), the Durango, Colo. native earned honorable mention All-WAC honors during his junior and senior seasons as well as being named conference All-Academic as a senior.

Benton and his wife, Nicole, have two daughters, Gabrielle and Paige.

MACK BROWN
TIGHT ENDS

The Seahawks hired Mack Brown as tight ends coach on February 22, 2024. Brown previously spent five seasons with the N.Y. Jets, three as an offensive assistant, after two seasons as a defensive assistant.

Last season, Brown was instrumental in the development of rookie

AJ Barner, who finished the season with 30 receptions for 245 yards, while making six starts. Barner recorded a catch in 13 consecutive games, the longest streak by a rookie tight end in franchise history. Noah Fant tallied 500 receiving yards for the fourth time in his career despite missing three games.

In 2023, Brown was part of a staff that helped RB Breece Hall accumulate a team-high 1,585 yards from scrimmage, the most by a Jet since Curtis Martin's franchise-record 1,942 in 2004. Hall passed another milestone with 190 total yards vs. the Patriots, the fourth time in his career he has reached that mark in a single-game. Those four games with more than 190 total yards rank first in Jets history over a two-year span. TE Jack Conklin reached career-highs in receptions (61) and yards (621). WR Garrett Wilson finished his sophomore season with 1,042 receiving yards, three touchdowns and a career-high 95 receptions. He became the first Jets receiver in franchise history to start a career with consecutive 1,000-yard seasons.

Brown worked primarily with the wide receivers in 2022, including serving as the interim wide receivers coach for the last three games. Wilson led all rookies in receptions (83) and receiving yards (1,103), earning AP NFL Offensive Rookie of the Year honors, edging out Seahawks RB Kenneth Walker III.

In 2021, his first on the offensive side with the Jets, Brown worked primarily with the wide receivers as five different Jets receivers caught at least 25 passes, the only such team in the league, while four had multiple touchdown receptions. Following the season, in the 2022 Senior Bowl, Brown coached wide receivers on the National Team.

Working primarily with the linebackers in his first two seasons (2019-20), New York's defense allowed just 99.5 rushing yards per game, the fourth-best average in the league.

Prior to joining the Jets, Brown spent the previous three seasons as the offensive coordinator/quarterbacks coach at Missouri State, helping the Bears increase their scoring average in consecutive seasons.

Before Missouri State, Brown served on the staff at Missouri, starting as a recruiting assistant before adding the role of offensive quality control/graduate assistant. He began his coaching career as an assistant coach at William Jewell College, before moving on as the offensive coordinator and quarterbacks coach at Lawrence (Kan.) High School.

As a quarterback at Baker University, Brown was a first-team All-HAAC performer in 2008 and a three-time NAIA Academic All-American, helping lead the Wildcats to their first NAIA playoff berth in 15 years. He finished with school records for most passing yards in a career, season, and single-game.

Brown completed a master's degree in health, physical education, and recreation from Emporia State in 2011. He and his wife, Amanda, have one son, Reed, and one daughter, Quinn.

JOSH BYNES
DEFENSIVE ASSISTANT/LINEBACKERS

Hiired as a defensive assistant/linebackers coach by the Seahawks on February 22, 2024, Bynes enters his second season as an NFL coach.

Bynes retired from his NFL playing career in December 2023 after beginning his career as an undrafted rookie in 2011 and played from 2011-22, spending six seasons with the Ravens in three separate stints: 2011-13, 2019, 2021-22. He also played for Detroit (2014-16), Arizona (2017-18), and Cincinnati (2020). Bynes finished his career with 138 games played, including 82 starts, and was a member of the Ravens' Super Bowl XLVII winning team.

Playing in 14 games (12 starts) in 2021, Bynes registered 76 tackles (third most on the team), a career-high six tackles for loss, 2.0 sacks and four quarterback hits for the NFL's No. 1 rushing defense (84.5 ypg). In 2020, he started all 16 games for the first time in his career with Cincinnati and tallied a career-high 99 tackles with five tackles for loss and 1.0 sack. In 2019, he totaled 45 tackles, 1.0 sack, two interceptions and four passes defensed, helping Baltimore's defense rank No. 3 in points (17.6) and No. 4 in yards allowed (300.6).

Bynes attended Auburn and appeared in 43 career games with the Tigers, recording 238 tackles (127 solo), seven interceptions, 19 passes defensed, two forced fumbles and two fumble recoveries. He led the team in tackles in both 2009 and 2010 and started 35 consecutive games dating back to his sophomore year. Totaling 73 tackles, three interceptions, five passes defensed and one forced fumble, he helped lead Auburn to a National Championship as a senior in 2010.

Bynes has three children, Josh Jr., Jase, and Jordy.

MICHAEL BYRNE
OFFENSIVE ASSISTANT

On February 11, 2025, Michael Byrne was hired by the Seahawks as an offensive assistant. Byrne's coaching experience includes coaching at all three NCAA divisions along with time at the high school level.

Most recently, Byrne spent the 2024 season with Klint Kubiak and the Saints as a coaching assistant. Prior to that, Byrne worked for Pro Football Focus as an analyst, and previously held the title of director of football analytics at Pacific Lutheran University in 2021, offensive assistant in 2020, and defensive assistant in 2019.

Byrne spent the 2017-18 seasons as the co-offensive coordi-

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nator at Vandegrift High School in Austin, Texas, helping Vandegrift make two trips to the state playoffs and winning the district title in 2018. Prior to Vandegrift, Byrne spent one season as the co-offensive coordinator at Rudder High School in Bryan, Texas in 2016.

Byrne worked for Texas A&M on two separate occasions; first as a football operations/senior offensive intern in 2010-11 and then graduate assistant/assistant running backs coach from 2013-15. The Aggies earned three bowl bids (Chick-Fil-A, Liberty, and Music City) while ranking fourth in the FBS in total offense in 2014, amassing 538.4 yards per game.

Between his A&M stops, he spent the 2012 season at West Texas A&M University as the program's running backs coach. He helped guide the Buffaloes to the Lone Star Conference Championship and a spot in the NCAA Division II Tournament semifinals.

Byrne earned a bachelor of arts in history from PLU in 2009 while earning a masters of science in sport management from Texas A&M in 2012. Byrne started his college career at FCS Iona College, earning MAAC Academic All-Conference honors before transferring to PLU to finish his playing career where he was a two-year starter, team captain, and All-Northwest Conference selection at quarterback in 2008.

ROB CAPRICE
DEFENSIVE INTERN

The Seahawks hired Rob Caprice on February 22, 2024, after spending three seasons (2021-23) at the University of Tennessee aiding the defensive staff.

Caprice was part of the winningest three-year (2021-23) stretch at Tennessee in two decades, winning 27 games, including the 2022 Orange Bowl over ACC champion Clemson and 2024 Citrus Bowl over Big Ten West champion Iowa. Tennessee secured back-to-back top-20 poll finishes for the first time since 2003-04, ranking No. 6 in 2022 and No. 17 in 2023.

From 2021-23, Tennessee racked up 297.0 tackles for loss, which led the SEC during that span. Since the start of the 2022 season, Tennessee allowed just 3.24 yards per rush. That figure was the eighth-best mark in the nation and led the SEC.

The 2023 season saw the Vols defense finish in the top 25 nationally in six different major categories; scoring defense (22nd; 20.3), yards per play(19th; 4.97), defensive touchdowns (1st; 5), rushing defense (19th, 113.7), tackles for loss (6th, 101) and sacks (9th, 41).

RICK DENNISON
RUN GAME COORDINATOR/SENIOR OFFENSIVE ADVISOR

Rick Dennison joined the Seahawks staff on February 18, 2025, bringing a wealth of offensive experience as run game coordinator/senior offensive advisor. Dennison has been part of 13 playoff appearances, five division titles, and three Super Bowl victories - Super Bowl XXXII, XXXIII and 50.

Dennison has been part of 12 seasons of 10-plus wins under his belt. His 17 seasons in Denver resulted in three Super Bowl titles, eight playoff appearances, four AFC West titles and eight seasons of 10-plus wins while only experiencing two losing seasons.

Dennison has coached 18 different Pro Bowl players across seven different positions, including six offensive linemen. Of those six, five made their first Pro Bowl appearance under him, while three made all their trips with him as their coach. In Dennison's time as an offensive line coach and offensive coordinator, his rushing offenses have averaged 2,056 yards a season (128.1 ypg.) and 4.4 yards per carry, while producing 14.8 touchdowns a season.

Dennison served as offensive line coach/run game coordinator with the Minnesota Vikings from 2019-20 and as senior offensive advisor in 2021. In 2019, the 28 sacks (12 fewer than the 40 given up in 2018) that the Vikings surrendered was tied for the fifth-lowest total in the NFL and tied for the eighth-lowest total in franchise history, paving the way for a rushing attack that gained 2,133 yards (6th NFL). Blocking behind Dennison's offensive line from 2019-20, RB Dalvin Cook ranked first in the NFC and second in the NFL in both rushing yards (3,851) and rushing touchdowns (35) and was selected to the Pro Bowl both seasons. In 2019, Cook (1,135 yards) became the franchise's first 1,000-yard rusher since Adrian Peterson in 2015. Cook's 1,557 rushing yards in 2020 ranked second in the NFL and produced a balanced offensive attack that ranked fourth in the league in net yards per game. The no. 4 ranking in total offense was a 12-spot jump from 2018 and the highest ranking for the club since 2004.

Prior to joining the Vikings, Dennison served on the staffs of the New York Jets (2018), Buffalo Bills (2017), Baltimore Ravens (2014), Houston Texans (2010-13) and two stints with the Denver Broncos (1995-09, 15-16) in a variety of roles.

In 2018, Dennison's lone season as the Jets offensive line coach/run game coordinator, the group allowed 10 fewer sacks (37) than it did in 2017, protecting QB Sam Darnold as he set team rookie records for touchdown passes (17) and gross passing yards per game (220.4).

In 2017, Dennison was offensive coordinator for the Bills, helping a Buffalo offense that ranked sixth in rushing as both RB LeSean McCoy and G Richie Incognito received Pro Bowl recognition.

In his return to Denver as the offensive coordinator in 2015, Dennison oversaw the Broncos offense as the team navigated a difficult schedule to finish with a 12-4 record, the AFC West Division title and the No. 1 seed in the AFC. Despite mid-season injury to Hall of Fame QB Peyton Manning, Dennison helped the Broncos go 5-2 in QB Brock Osweiler's first seven career starts before Manning returned in Week 17. The offense went on to commit just three turnovers during the postseason to help secure a Super Bowl 50 victory over Carolina.

Following Manning's retirement, Dennison coached first-year starting QB Trevor Siemian in 2016, a seventh-round draft pick (#250) in the 2015 NFL Draft. In 14 games Siemian went 289-for-486 for 3,401 yards, 18 touchdowns and 10 interceptions.

In Dennison's lone season with Baltimore (2014) and only season coaching quarterbacks, Joe Flacco established career-highs in passing yards (3,986) and touchdown passes (27) and posted a combined eight games with a passer rating above 100.0 while being sacked just 19 times - 29 fewer than the previous year.

In Houston (2010-13), Texans running backs produced an NFL-best 29 individual 100-yard rushing performances, including 24 by Arian Foster, who was named an AP All-Pro selection three times in his four years under Dennison. During the 2012 season, seven of Houston's 11 starters on offense were Pro Bowlers.

His first stint as an offensive coordinator came with the Broncos (2006-08). The offense ranked seventh in the NFL (350.5 yards per game) as Dennison oversaw one of just two units in the league to rank in the top-10 in both passing and rushing. He previously worked as the offensive line coach (2001-05) and special teams coach (1997-00). From 2001-05 Denver led the NFL in rushing in that five-season span, averaging 145.6 yards per game on the ground and 2,328 yards per season on average.

During his tenure as special teams coach in Denver the club won consecutive Super Bowls, topping Green Bay for the Super Bowl XXXII title and following it up in John Elway's final game with a Super Bowl XXXIII victory over Atlanta. Dennison originally joined the Denver staff in 1995 after spending the previous three years coaching at the high school level for Suffield (Conn.) Academy. He worked for two years in Denver as an offensive assistant (1995-96) before being promoted to special teams coach in 1997.

Undrafted out of Colorado State University, Dennison played nine seasons at linebacker for the Broncos, appearing in 128 games (52 starts) and totaling 514 tackles, 6.5 sacks, four interceptions, six forced fumbles and three fumble recoveries. He participated in three Super Bowls as a player and was the team's recipient of the Ed Block Courage Award in 1989.

At Colorado State, he earned three varsity letters and was named a second-team Academic All-American as a senior. Dennison earned two degrees in civil engineering; first his bachelor's in 1979 and later his master's degree in 1982.

A native of Kalispell, Mont., Dennison attended Rocky Mountain High School in Fort Collins, Colo., lettering in football, basketball and baseball.

Dennison and his wife, Shannon, have three sons, Joseph, Steven and Trey, and twin daughters, Abrynn and Allie. His son, Joseph, is married to Hayley, and the couple has three sons.

DEVIN FITZSIMMONS
ASSISTANT SPECIAL TEAMS

Devin Fitzsimmons joined the Seahawks staff as assistant special teams coach on February 15, 2024. He spent the 2023 season with the Carolina Panthers as special teams assistant after serving in the same role with Arizona (2021-22).

Last season, Fitzsimmons helped kicker Jason Myers set a career-high and franchise-record nine field goals from 50-plus yards, while connecting on 26 of 30 field goal attempts. Punter Michael Dickson recorded a 49.4 punt average, ranking third in franchise history for a single season.

As a special teams assistant in 2023, Fitzsimmons helped coach Carolina's kick return unit to the second-best return average in the NFL, averaging 27.2 yards per return. Raheem Blackshear, who served as the unit's primary returner boasted a 27.8-yard kick return average that ranked third-best in the NFL amongst players with at least 10 returns.

With Arizona (2021), Fitzsimmons helped specialists, kicker Matt Prater and punter Andy Lee, post record-breaking seasons. Prater finished with 137 points, the second-highest total in Cardinals history and tied for the fourth-highest total in the NFL. Lee finished third in the league and established a franchise single-season record with a 49.0-yard punting average.

Fitzsimmons was the special teams coordinator/tight ends coach at Vanderbilt (2019-20) and served as assistant special teams coach with Detroit (2014-18). In 2015 following head coaching changes, Fitzsimmons served as the Lions tight end coach for the final eight games of the season. In that span, the tight ends combined for 32 catches, 316 yards, and four touchdowns.

During his five seasons with the Lions, Prater, then with Detroit, converted 86.3 percent of his kicks (132 for 153) and was selected to the Pro Bowl (2016), while punter Sam Martin averaged at least 43.0 yards per punt each year during Fitzsimmons' tenure. Long snapper Don Muhlbach earned Pro Bowl honors (2018), while returner Jamal Agnew earned first-team All-Pro recognition (2017) after posting a league-leading 15.4-yard punt return average and two punt return touchdowns.

Fitzsimmons was the special teams coordinator and tight

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ends coach at Delaware (2013) and an offensive assistant at Rutgers (2012), before his start in the NFL as an offensive quality control coach with Indianapolis (2011).

Starting his coaching career at Shaw University in Raleigh, N.C. (2005), Fitzsimmons served as the wide receivers coach at his alma mater, Bucknell (2006), before working on the collegiate level at Kansas State (2007-08), Virginia (2009), and Richmond (2010).

A Folsom, La. native, Fitzsimmons played quarterback and wide receiver at Bucknell and earned a bachelor's degree in history. Fitzsimmons and his wife, Katie have a son, Liam, and daughter, Nora.

LESLIE FRAZIER
ASSISTANT HEAD COACH

Leslie Frazier joined the Seahawks staff as assistant head coach on February 13, 2024, and enters his 26th season as an NFL coach in 2025. He did not coach in the NFL in 2023 after spending six seasons with the Buffalo Bills as defensive coordinator (2017-19) and assistant head coach/defensive coordinator (2020-22).

In his six seasons as coordinator, his units ranked in the top-six in yards per game four times and in the top-two three times in points per game, finishing the season ranked first in the NFL in both yards allowed (272.8) and points allowed (17.0 ppg) in 2021.

Prior to serving one season (2016) as Baltimore's secondary coach, Frazier served as the Tampa Bay Buccaneers defensive coordinator from 2014-15. He helped Tampa rank 10th in yards per game in 2015, and to 36 sacks in 2014, the most in 10 seasons.

He was head coach of the Minnesota Vikings from 2010-13 (interim for part of 2010) and their defensive coordinator from 2007-10. He was 21-32-1 as a head coach and led the Vikings to the postseason with a 10-6 record in 2012, when running back Adrian Peterson was named the NFL MVP. As the defensive coordinator, Frazier's squad finished in the top-10 three times (2008-10) in yards allowed, during his seven seasons in Minnesota, the Vikings pass rush tallied the NFL's most sacks (297) and second-most forced fumbles (114). In 2008, Minnesota's defense ranked No. 6 overall and No. 1 against the run, making the Vikings the first team since the 1970 merger to lead the league in rushing defense for three-straight seasons (2006-08). The team finished second against the run in 2009.

Frazier helped Indianapolis win Super Bowl XLI following the 2006 season while serving as the assistant to the head coach/defensive backs coach under Tony Dungy.

Frazier also served as the Cincinnati Bengals defensive coordinator from 2003-04. He originally entered the NFL as a coach in 1999, working with defensive backs for the Philadelphia Eagles (1999-02). During Frazier's time with Philadelphia, he helped DB Troy Vincent (four) and S Brian Dawkins (three) earn multiple Pro Bowl honors.

At the age of 29, Frazier became the first-ever head coach for the Trinity International University football program. From 1988-96, he turned the team into a consistent contender, claiming two Northern Illinois Intercollegiate Conference titles twice. The school named its football field in Frazier's honor in 1997 as a tribute to his outstanding impact.

He played six seasons as a defensive back for the Chicago Bears (1981-86), and started on the historic 1985 Super Bowl XX championship team. Led Chicago in interceptions three consecutive seasons (1983-85), finishing his pro career with 20 interceptions for 343 yards with two touchdowns. He is one of 28 individuals to win a Super Bowl as both a player and a coach.

He was an All-American defensive back and baseball standout at Alcorn State University while majoring in business administration. In 2007, Frazier was inducted into the SWAC Hall of Fame. In 2012, he was inducted into the Alcorn State Hall of Fame. In 2017, Frazier was inducted into the Mississippi Sports Hall of Fame, and in 2023 he was inducted into the Black College Football Hall of Fame.

Frazier attended S.D. Lee (Columbus, Miss.) High, where he was a standout football and baseball player. Frazier and his wife, Gale, have three children: Kieron, Chantel and Corey, who played defensive back at Rice.

THOMAS GARCIA
STRENGTH & CONDITIONING ASSISTANT

Thomas Garcia enters his seventh season in the Seahawks strength & conditioning department after spending his first six seasons with the club serving as a sport science specialist.

For the 2017-18 seasons, Garcia assisted the medical staff in the team's return-to-play process, developing end-stage rehabilitation strength programs and assisting in on-field conditioning programs for players returning to competition. Being duel credentialed as an ATC/CSCS and experienced in sport science has allowed Garcia to have a unique perspective in athletic development and performance.

His role is the re-conditioning and performance coordinator within the strength & conditioning program. He will assist in the planning and implementation of all re-conditioning needs for players in the end stages of rehabilitation using sports performance data to objectively evaluate progression and management. Garcia will also assist in the planning and implementation of all alternative on-field conditioning and weight room modifications and needs for injured or limited players.

JUSTIN HINDS
DEFENSIVE LINE

JUSTIN HINDS

Justin Hinds was hired as the defensive line coach by the Seahawks on February 22, 2024. Hinds enters his 17th season in coaching in 2025 and served as an assistant defensive line coach for the Chicago Bears from 2022-23.

Last season, Hinds led a defensive line room that saw DE Leonard Williams become the first Seahawks player with double-digit sacks (11.0) since Frank Clark and Jarran Reed in 2018. Williams led all NFL interior linemen in sacks and tackles for loss (career-high 16). Reed finished second on the team with 15 quarterback hits and became the 50th player in franchise history to play in 100 games as a member of the Seahawks. Hinds also helped the development of rookie Byron Murphy II, who played in 14 games, while starting nine of the final 10 games.

In 2023, Hinds helped midseason acquisition Montez Sweat reach his first career Pro Bowl with a career-high 12.5 sacks. Sweat had at least 1.0 sack in each of his first four games with the Bears and posted 6.0 sacks in seven games with Chicago, including a career-high 2.5 at Cleveland.

In his first season with the Bears in 2022, Hinds helped defensive line coach Travis Smith and defensive coordinator Alan Williams in developing the youngest on-field roster in the NFL. Hinds was influential in the development and growth of defensive end Dominique Robinson, who played in all 17 games as a rookie.

Prior to his arrival in Chicago, Hinds served as a defensive coordinator at Western Carolina in 2021. Despite missing the postseason, Hinds' rejuvenated defense helped the Catamounts to a 4-1 record in their final five games to close out the season.

Hinds served as defensive line coach at Central Michigan (2019-20) where he mentored two All-MAC selections along the defensive line in 2020 in Troy Hairston II and Mohamed Diallo. Hairston was the MAC Co-Defensive Player of the Year in 2020 and led the MAC with 5.5 sacks and 12 tackles for loss. In 2019, Hinds helped the program that won one game in 2018 to an 8-6 finish, a MAC West Division title, and a berth in the New Mexico Bowl. The Chippewas also ranked second in the league in total defense.

Before Central Michigan, Hinds was the defensive line coach in 2018 at Lafayette College in Pennsylvania. The Leopards finished among the top 25 teams in the NCAA Football Championship Subdivision (FCS) in takeaways with 23, and they were second in the Patriot League with 15 interceptions.

Hinds helped cultivate similar success at Valdosta State. The Blazers program regularly ranked among the top teams in both the Gulf South Conference and NCAA Division II in interceptions, takeaways, first downs allowed, and third-down defense.

Hinds earned a Bachelor of Science degree from Rowan University and a master's degree from Wagner (N.Y.) College where he coached the defensive line and outside linebackers in 2012-13. Hinds was a two-time All-New Jersey Athletic Conference defensive lineman during a four-year career at Rowan and then served as a graduate assistant at Florida in 2015 after coaching the 2014 season as a graduate assistant at Mississippi State.

JEFF HOWARD
SAFETIES

JEFF HOWARD

Jeff Howard joined the Seahawks coaching staff as safeties coach on February 22, 2024, after one season coaching linebackers for the L.A. Chargers, and three seasons (2020-22) as defensive pass game coordinator/defensive backs coach for the Cleveland Browns.

In 2024, S Julian Love finished sixth among safeties via PFF while recording his third consecutive 100-tackle season, making him one of only two defensive backs (Kevin Byard) to reach 100 tackles in each of the last three seasons. Howard helped the growth of S Coby Bryant who started the final 11 games of the season and tied for the team-lead with three interceptions. Bryant was named the NFC Defensive Player of the Week 12. S Rayshawn Jenkins returned a fumble 102 yards for a touchdown vs. the N.Y. Giants (10/6/24), the longest in club history.

In 2023, Howard's inside linebackers improved their missed tackle rate from 31st in the NFL in 2022 to second overall at 9.8% (PFF). Kenneth Murray Jr. tied his career-high with 107 tackles, and added 3.0 sacks, one interception, and seven tackles for loss, while veteran Eric Kendricks posted 117 tackles and 3.5 sacks.

With the Browns, Howard's secondary ranked tied for second in the NFL with 11 total red zone takeaways, tying for the most by any AFC team, as Cleveland's defense finished fifth in the league in passing defense in both 2021 and 2022.

In 2022, Howard aided in the development of rookie CB Martin Emerson Jr., who ranked third among rookies and tied for the team lead with 15 passes defensed. Under Howard's guidance, Emerson and CB Denzel Ward each totaled 15 passes defensed, as the Browns were one of two NFL teams to have multiple players notch 15 passes defensed on the season. S Grant Delpit enjoyed his best season, recording 100+ tackles and four interceptions, while S John Johnson III ended the season with 96 tackles.

Howard helped the Browns' defense finish the 2021 season by ranking in the top five in the NFL in total defense and pass defense. He coached Ward to earn his second career Pro Bowl selec-

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tion, while also developing rookie CB Greg Newsome II, who was named to the PFWA's All-Rookie Team. Following the 2021 season, Howard was selected to serve as the defensive coordinator of the West team in the 2022 East-West Shrine Bowl.

In Howard's first season (2020) directing the secondary for Cleveland, the Browns made the playoffs for the first time since 2002 while finishing the year 11-5. The Browns defense led the NFL with six red-zone takeaways. Ward finished tied for second in the NFL with 18 passes defensed, despite playing in only 12 games.

Prior to his three seasons in Cleveland, Howard spent seven years (2013-19) as an assistant in Minnesota, steadily rising through the coaching ranks with the Vikings. In that time, Minnesota won two NFC North Division titles and advanced to the postseason three times. Howard started his tenure with the Vikings as assistant to the head coach in 2013, before transitioning to a defensive assistant role the following season.

Howard spent two seasons (2018-19) coaching Minnesota's defensive backs, specifically the safeties, helping the Vikings rank tied for sixth in the NFL with 51 total takeaways over the two-year stretch, including 29 interceptions. With Howard's assistance, S Anthony Harris earned first-team All-NFC recognition from the PFWA after totaling six interceptions in 2019, tying for the most in the league and becoming the first Viking to pace the league in interceptions since 2003. S Harrison Smith also received Pro Bowl honors in each of his two seasons with Howard assisting the secondary.

Working with the linebackers from 2016-17, the Vikings' defense ranked among the league's leaders, finishing third in the NFL in total defense in 2016 and first in the league in 2017. Anthony Barr was named to the Pro Bowl following each of the two seasons Howard worked with the linebackers.

Following his playing career, Howard entered the coaching ranks at the high school level, spending four years (2007-10) on the defensive coaching staff at Odessa Permian High in Odessa, Texas. After serving as assistant defensive backs/linebackers coach, Howard was promoted to Permian's defensive coordinator in 2009, a role he would hold for two seasons. Howard then transitioned to the collegiate level, joining Texas Tech's staff in 2011 as a defensive quality control coach and later being promoted to safeties coach in 2012.

An All-American linebacker at Eastern New Mexico University, Howard graduated with a degree in biology and chemistry. As a senior, he led the Greyhounds in tackles and scored two defensive touchdowns, earning an invitation to play in the Cactus Bowl, the NCAA Division-II all-star game. Howard was twice named All-Lone Star Conference South and earned Academic All-District recognition. He had his No. 3 jersey retired by Eastern New Mexico in 2006 and was inducted into the program's athletic Hall of Honors in 2011.

Howard and his wife, Laci, have four children, Natassja, Skylar, Grayson and Ryleigh.

FRISMAN JACKSON
WIDE RECEIVERS

Hired by Seattle on February 22, 2024, Frisman Jackson joined the Seahawks following two years (2022-23) as the Pittsburgh Steelers wide receivers coach.

Last season, Jackson led a wide receivers room that saw the breakout of Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Jackson oversaw the development of 2022 second-round draft pick George Pickens, who had a breakout 2023 campaign with career-highs in receptions (63), yards (1,140), and receiving average (18.1). His average ranked first in the NFL. Pickens 801 receiving yards on 52 receptions in his first season ranked as the fifth-most by a Steelers rookie in franchise history.

Prior to Pittsburgh, he spent two seasons with the Carolina Panthers (2020-21). He was their offensive passing game coordinator in 2021 after he was promoted from wide receivers coach in 2020.

Under Jackson's mentorship, wide receiver DJ Moore caught 159 passes for 2,350 receiving yards and eight touchdowns combined in the last two seasons. His receiving yardage and 14.8 yard-average were the seventh and 10th-most in the NFL over the span.

Jackson spearheaded a record-breaking campaign for Carolina's pass-catchers in 2020. Moore (1,193) and Robby Anderson (1,096) were one of two wide receiver pairs in the NFL and just the fourth duo in Panthers history to each top 1,000 yards in the same season. Moore, who ranked third with an 18.1 receiving average, tied for the NFL lead with six receptions of at least 40 yards.

In addition, wide receiver Curtis Samuel had a career-high 851 receiving yards and a Carolina wide receiver-record 200 rushing yards in 2020, which helped the Panthers become the first team since Arizona in 2008 to have three wide receivers surpass 1,000 scrimmage yards in the same season.

Jackson went to Carolina in 2020 after spending the previous two seasons at Baylor, where he served as the Bears' wide receivers coach in 2018, before adding the title of passing game coordinator in 2019. Baylor wide receiver Denzel Mims finished the 2019 season ranked 12th in the nation in receiving touchdowns (12) and earned first-team All-Big 12 recognition. In 2018, Jackson assisted

in transfer running back Jalen Hurd's transition to wide receiver and developed him into the team's leading wideout and the Big 12 Newcomer of the Year. Hurd was drafted in the third round of the 2019 NFL Draft by the 49ers.

Jackson spent the 2017 season as the wide receivers coach for the Tennessee Titans, where he helped lead Tennessee to the AFC divisional round.

Prior to Jackson's first year in the NFL, he spent two seasons as the wide receivers coach and passing game coordinator at Temple (2015-16). He helped the Owls achieve back-to-back bowl appearances, as well as the 2016 AAC Championship.

Jackson has also coached wide receivers at N.C. State (2013-14), Northern Illinois (2012), Akron (2010-11) and Western Illinois (2008-09).

As a player, Jackson spent four years in the NFL as a wide receiver for the Cleveland Browns (2002-05). Over that stretch, he appeared in 34 games, and caught 40 passes for 490 yards and one touchdown. Jackson played three seasons at Northern Illinois as a quarterback (1997-99), before finishing his college career as a wide receiver at Western Illinois (2001).

ANDREW JANOCKO
QUARTERBACKS

Andrew Janocko (pronounced juh-NO-co) joined the Seahawks as quarterbacks coach on February 11, 2025, after spending one season with the New Orleans Saints in 2024.

Janocko has 13 years of coaching experience, including 11 in the NFL. He joined the Saints after spending two years as quarterbacks coach of the Chicago Bears (2022-23). In addition to his time in Chicago, Janocko also held several offensive roles in his time with the Minnesota Vikings (2015-21), coached quarterbacks at Mercyhurst University in Erie, Pa. (2014), spent two seasons with the Tampa Bay Buccaneers (2012-13) and was a graduate assistant at Rutgers University in 2011.

Janocko, like fellow coaches Klint Kubiak and John Benton spent the 2024 season with New Orleans. Janocko served as quarterbacks coach and helped Derek Carr complete 189 of 279 passes (67.7 pct.) for 2,145 yards, 15 touchdowns, only five interceptions and a 101.1 passer rating. Carr finished sixth in the NFL in third down passer rating (109.6) and 10th in the NFL in passer rating.

During his time in Chicago, Janocko was instrumental in the development of Bears signal-caller Justin Fields, who completed 419-of-688 (60.9%) passes for 4,804 yards with 33 touchdown passes, while carrying 284 times for 1,800 yards (6.3 avg.) with 12 touchdowns in 28 starts. In Week 14 of the 2023 season, Fields became the second-fastest quarterback in NFL history to reach 2,000 rushing yards in only 36 games and only the third signal-caller with at least 2,000 rushing yards in his first three seasons. In 2023, despite playing in two fewer games than 2022 due to injuries, Fields improved in most major passing categories, completing 227-of-370 (61.4%) passes for 2,562 yards with 16 touchdowns and an 86.3 passer rating, while carrying 124 times for 657 yards with four touchdowns. The Bears improved their victory total from three in 2022 to seven in 2023, as Fields won four of his final six starts.

Fields finished the 2022 season with eight rushing touchdowns and 1,143 rushing yards over 15 starts, becoming one of three quarterbacks in NFL history to rush for 1,000-or-more yards in a single season, joining Lamar Jackson and Michael Vick. Fields also completed 192-of-318 (60.4%) passes for 2,242 yards and 17 touchdowns on the season, while posting a passer rating of at least 92.0 in five of eight starts from Weeks 8-17.

Janocko spent seven seasons with the Minnesota Vikings, gaining experience coaching with the offensive line (2017-19), wide receivers coach (2020) and quarterbacks coach (2021).

In 2021, Janocko helped veteran QB Kirk Cousins throw for 4,221 yards with 33 touchdowns, seven interceptions and a 103.1 passer rating, as he was named to his third Pro Bowl. Cousins' passer rating was fourth-best in the NFL and he was one of only two quarterbacks in 2021 to throw for over 30 touchdowns with fewer than ten interceptions.

With Janocko as his position coach in 2020, first-round draft pick Justin Jefferson had one of the greatest seasons by a rookie receiver in NFL history. Jefferson set a league rookie receiving record with 1,400 yards and became the NFL's first rookie receiver to earn All-Pro honors since Randy Moss in 1998 and was tabbed to his first Pro Bowl. Additionally, Adam Thielen established a career high 14 touchdown catches.

In 2019, while assisting the offensive line, the Vikings allowed only 28 sacks, tying them for the fifth-fewest in the NFL. The mark also tied for the eighth-fewest sacks allowed in franchise history. The offensive line paved the way for Dalvin Cook to rush for 1,135 yards, the Vikings' first 1,000-yard rusher since Adrian Peterson did so in 2015.

In 2018, serving as co-offensive line coach with Saints tight ends coach Clancy Barone, the Vikings line protected Cousins, as he set a team record for completions (425), posted the second-best completion percentage mark in team history (70.1%) and threw for the second-most yards (4,298) in franchise history.

Serving as assistant offensive line coach in 2017, the Vikings line was pivotal to the team going 13-3, winning the NFC North title and advancing to the NFC Championship Game. The line paved the way for several offensive players to have career years, highlighted by QB Case Keenum. Cook set a team record for rookies with 288 yards in the opening three games of the season, but suffered a season-ending torn ACL injury in the fourth contest. The Vikings jumped from last in the NFL in rushing in 2016 to seventh in

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2017 and climbed from No. 28 in total offense to No. 11. Janocko started his Vikings tenure as an offensive assistant from 2015-16.

Janocko arrived in Minnesota after coaching the quarterbacks at Division II Mercyhurst for one season in 2014. His first start in coaching came in 2011, when he was a graduate assistant at Rutgers, working with quarterbacks under Greg Schiano. After impressing Schiano, Janocko's first NFL coaching opportunity came in 2012 when then-Tampa Bay Head Coach Schiano offered him a position to serve as an offensive assistant for two seasons (2012-13).

A three-year letterman at Pitt, Janocko served as a backup quarterback and holder on special teams. Janocko spent his first two seasons as a walk-on before earning a scholarship his final two seasons. A three-time member of the Big East Conference All-Academic Team, he graduated from Pitt in 2010 with a degree in history and a minor in political science.

A native of Clearfield, Pa., Janocko was the starting quarterback at Clearfield Area High School, where his father, Tim, served as the head coach for 38 years. He led the school to a pair of district championships and was a two-time Pennsylvania Football News All-State honoree.

Janocko and his wife, Natalie, have a son, Noah, and a daughter, Isabella.

QUINSHON ODOM
OFFENSIVE ASSISTANT/ QUALITY CONTROL-OL

Quinshon Odom joined the Seahawks staff on February 22, 2024, after two seasons as Green Bay's coaching assistant through the Bill Walsh Diversity Coaching Fellowship. He previously worked in Green Bay's player personnel department during the 2018 season.

Working with the offense in 2023, Green Bay was the third-least sacked team in the NFL (30), while Jordan Love ranked second in the NFL in touchdown passes (32) and seventh with 4,159 passing yards.

The 2022 season saw Odom focus his duties on offense, helping the Packers to a No. 5 ranking in the NFL in average time of possession (31:23). Green Bay also posted 175-plus rushing yards in five games last season, tied for No. 3 in the NFL behind only Chicago (eight) and Baltimore (seven). It was the most by the Packers in a season since 2013.

Odom spent 2021 as an offensive line graduate assistant at the University of Texas. In his lone season at Texas, the Longhorns' offensive line helped clear holes for RB Bijan Robinson, who led the team with 1,127 yards and 11 touchdowns on his way to earning first-team All-Big 12 honors from the media and coaches. Texas finished No. 2 in the Big 12 with an average of 199.3 rushing yards per game, and the line also helped protect QB Casey Thompson, who led the Big 12 with 24 touchdown passes on the season. OL Derek Kerstetter earned first-team All-Big 12 recognition from the league's coaches for his performance in 2021.

Prior to joining the Longhorns, Odom assisted with the Buffalo Bills running backs during their 2021 training camp as part of a Bill Walsh Diversity Coach Fellowship.

Odom coached at Vanderbilt, first as an offensive graduate assistant in 2016-17 and then as an offensive quality control coach in 2019-20. At Vanderbilt, Odom assisted in the development of RB Ke'Shawn Vaughn, who led the Commodores with 1,028 rushing yards and nine touchdowns on 198 carries (5.2 avg.) in 2019.

In 2015, Odom began his coaching career as an intern for the Eastern Kentucky football team.

Odom played quarterback at Shaw University (N.C.) from 2010-13, helping the Bears to a Central Intercollegiate Athletic Association title as a freshman. A team captain, Odom also was selected to the CIAA All-Academic Team in 2010 and served as the president of Shaw's student-athlete advisory committee during his senior year.

Born on August 22, 1991, in Lakeland, Fla., Odom earned a bachelor's degree in communications and journalism from Shaw in 2014. He also completed postgraduate degrees in sports management from Florida State in 2015, and liberal arts and science from Vanderbilt in 2017.

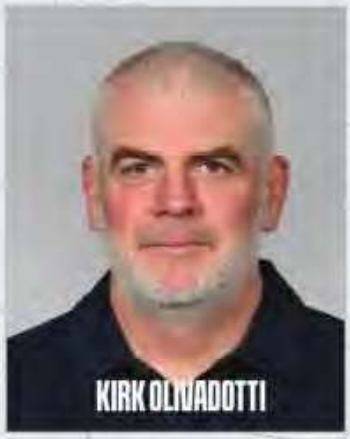
TIM OJEDA
STRENGTH & CONDITIONING ASSISTANT

Tim Ojeda joined the Seahawks strength staff on April 22, 2025, following 14 seasons as a strength & conditioning coach at USC (2011-24), during which he worked with multiple teams, including football, women's volleyball and men's and women's water polo.

Prior to joining USC, Ojeda was the outside linebackers coach for his alma mater, Eastern New Mexico. Ojeda played linebacker at Eastern from 2005-06, graduating in 2007 with a bachelor's degree in psychology and physical education, later adding a master's degree in sports administration. He has an associates degree in physical education from Mount San Jacinto College in 2005.

Ojeda grew up in Riverside County, in Banning, Calif.

KIRK OLIVADOTTI
INSIDE LINEBACKERS


KIRK OLIVADOTTI

Entering his 23rd season as a coach in the NFL, Kirk Olivadotti joined the Seahawks staff on February 13, 2024, after spending five seasons (2019-23) as the inside linebackers coach for the Green Bay Packers.

Olivadotti led a linebacker group that saw significant change during the 2024 season. Acquired on October 24, 2024, Ernest Jones IV played in 10 games for Seattle, leading the club in tackles seven times. He finished the season with 136 tackles, his third consecutive season with 100 tackles. Olivadotti aided the development of rookie Tyrice Knight, who started nine of 16 games and tallied 87 tackles.

In 2023, his unit helped Green Bay allow 20 or fewer points nine times during the regular season. LB Quay Walker led the team with 118 tackles and became one of three Packers since the merger (1970) with 100-plus tackles in both of his first two NFL seasons (Nick Barnett, 2003-04; A.J. Hawk, 2006-07).

In 2022, Olivadotti led the development of first-round selection LB Quay Walker as he was named to the PFWA's All-Rookie team, the first Green Bay inside linebacker to be selected to the team since A.J. Hawk in 2006. Walker led the Packers and ranked No. 2 among NFL rookies with 119 total tackles, the fifth most by a Green Bay rookie since 1975.

He helped guide LB De'Vondre Campbell to the best season of his career in 2021 as he was named first-team All-Pro by The Associated Press after he led the Packers defense with a career-high 145 tackles (101 solo). Campbell was the first Packers inside linebacker to earn first-team All-Pro honors since Ray Nitschke in 1966.

Olivadotti's first season in Green Bay in 2019, his linebackers helped Green Bay's defense finish No. 9 in the NFL in points allowed (19.6 ppg.), the first time the Packers had finished in the top 10 in the league in the category since 2010.

Prior to coming to Green Bay, he spent 16 seasons with the Washington Commanders (2000-10, 2014-18), helping Washington finish in the top-10 in the league in overall defense in eight seasons (2000-02, 2004-05, 2007-09). He is one of 11 members on the team's assistant coach honor roll, which recognizes coaches with 10-plus seasons of service as an assistant in Washington. He coached inside linebackers at the University of Georgia from 2011-13, including Alec Ogletree, who was selected by the St. Louis Rams in the first round (No. 30 overall) in the 2013 NFL Draft. He helped the Bulldogs win two SEC East titles and 30 games during his three seasons in Athens.

In 2015, Olivadotti coached a unit that helped Washington to an NFC East title despite featuring a rotating cast of players due to injuries. Keenan Robinson and Perry Riley Jr. began the season as the starters on the inside, but with both sustaining injuries, Olivadotti developed Compton into a reliable starter as he ranked No. 2 on the club with 93 tackles (51 solo).

In 2009, Olivadotti tutored a pair of linebackers to their first career Pro Bowls, with London Fletcher earning the honor for the first time in his 12 years in the league and Brian Orakpo becoming the first Washington defensive rookie to be selected since the 1970 AFL-NFL merger. Fletcher led the team with 172 tackles (108 solo), while Orakpo set a team rookie record with 11 sacks, which led all NFL rookies in 2009 and was tied for the most among NFC linebackers with Cowboys LB DeMarcus Ware.

In 2008, Olivadotti's linebackers played a pivotal role in Washington ranking No. 4 in the league in overall defense (288.8 ypg), No. 6 in points allowed (18.5 ppg) and No. 8 in rushing defense (95.4 ypg). In his first season as linebackers coach in 2007, the team finished No. 8 in the NFL in overall defense (305.3 ypg) and No. 4 in rushing defense (91.3 ypg) as the tandem of Fletcher (156) and Rocky McIntosh (105) finished as the team's top tacklers.

In 2006, Olivadotti served as defensive line assistant/special teams assistant for Washington. He also assisted with the special teams in 2004-05 in addition to working as a defensive quality control coach. Olivadotti served as a defensive quality control coach for his first four seasons (2000-03) with the team and also assisted with the defensive backs. He was a part of staffs that helped Washington rank No. 3 in the league in overall defense in 2004 (267.6 ypg, No. 4 in team history), No. 5 in 2002 (299.2 ypg) and No. 4 in 2000 (280.1 ypg).

Began his coaching career on the collegiate level in 1997 at Maine Maritime Academy as the wide receivers/tight ends coach for one season. Worked at Indiana State for two seasons (1998-99) as an assistant before making the transition to the NFL.

Olivadotti was a four-year letterwinner as a wide receiver at Purdue from 1993-96. His father, Tom, was a defensive assistant coach in the NFL for 21 seasons with the Cleveland Browns (1985-86), Miami Dolphins (1987-95), Minnesota Vikings (1996-99), N.Y. Giants (2000-03) and Houston Texans (2004-05). He also was the defensive coordinator for the University of Miami in 1983 when the Hurricanes won their first national title.

Born on January 1, 1974, in Wilmington, Del., Olivadotti earned his bachelor's degree in education and his master's degree in education administration, both from Purdue. He and his wife, Keely, have a daughter, Kasyn, and a son, Kruz.

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JUSTIN OUTTEN
RUN GAME SPECIALIST/ ASSISTANT OFFENSIVE LINE

Justin Outten

Justin Outten was hired by the Seahawks on February 18, 2025 as run game specialist/assistant offensive line coach after spending the last two seasons (2023-24) with the Tennessee Titans and one season with the Denver Broncos (2022) as offensive coordinator. He also spent time coaching in the NFL with the Green Bay Packers (2019-21) and Atlanta Falcons (2016-18). For eight seasons (2008-15), he coached at Westfield High School in Houston after beginning his collegiate coaching career at Syracuse University (2007).

In 2024, Outten helped third-year tight end Chig Okonkwo produce his third season with at least 30 receptions, 400 receiving yards and one touchdown. Okonkwo finished the season as the club's second leading pass catcher with 52 receptions, 479 yards and two touchdowns on 70 targets.

In 2023, Outten's work with the Titans running backs helped Derrick Henry finish second in the NFL with 1,167 rushing yards. Henry started 17 games for the first time in his career and was selected to his fourth career Pro Bowl. His 12 rushing touchdowns tied for seventh in the league. Meanwhile, rookie Tyjae Spears' 838 scrimmage yards (453 rushing and 385 receiving) ranked seventh in franchise history among rookie running backs, and the total also placed fourth among rookie running backs in 2023 behind Atlanta's Bijan Robinson, Detroit's Jahmyr Gibbs and Miami's De'Von Achane. Spears became the franchise's first rookie running back with at least 50 receptions (52) since Sid Blanks in 1964 (56).

With Outten as offensive coordinator in Denver in 2022, the Broncos tied for fifth place in the NFL in completions of 25-plus yards (35), trailing only Kansas City (49), Philadelphia (38), Miami (37) and New England (36). Outten, who called plays for the Broncos during the last two games of the season, helped the offense post 471 total yards of offense in Week 18, which was the most by the team in a single game since the 2016 season.

With the Packers, Outten coached a tight end unit that collectively tallied 60-plus catches and 700-plus receiving yards in each of his three seasons. During his tenure in Green Bay, six different tight ends registered at least one touchdown reception, which tied for the second-most in the NFL during that span.

In 2020, Outten coached tight end Robert Tonyan, who recorded 52 receptions for 586 yards (11.3 avg.). Tonyan totaled 11 touchdown receptions to set the single-season franchise mark for the position and tied

All-Pro Travis Kelce for the league lead at his position.

In his first season with Green Bay, Outten saw four tight ends (Jimmy Graham, Marcedes Lewis, Tonyan, Jace Sternberger) catch a touchdown pass (including playoffs), the most by a Packers' tight end unit since 2010. His tight end group helped the offense rank second in the league in giveaways (13), first in zero-turnover games (nine) and eighth in red-zone percentage (64.0).

During his three seasons with the Falcons, Outten served as an offensive intern (2016) and offensive assistant (2017-18), helping with the offensive line. During that span, Atlanta had four Pro Bowl selections among its offensive line, with center Alex Mack (2016-18) and tackle Jake Matthews (2018) becoming the first pair of Falcons offensive linemen since 1983 to be named to a Pro Bowl in the same year.

From 2016-18, Atlanta ranked in the top-10 in numerous offensive categories, including first in yards per play (6.26), third in total yards per game (389.9), third in passing yards per contest (278.5) and fourth in scoring offense (27.2). Following the 2018 season, Outten was promoted to assistant offensive line coach before joining the Packers.

Prior to Atlanta, Outten coached and was a special education teacher at Westfield High School. He served as assistant head coach, offensive coordinator and offensive line coach during his tenure. In his eight years at Westfield, Outten was part of a staff that helped 24 offensive linemen receive scholarships to play at the collegiate level.

A native of Doylestown, Pa., and graduate of Central Bucks High School West, Outten was a three-year letter winner at Syracuse. Over his final two seasons (2005-06), he appeared in all 23 games (22 starts) at center and was named team captain as a senior. He began his coaching career in 2007, serving as a graduate assistant for the Orange.

Outten graduated from Syracuse with a degree in childhood family studies, and he and his wife, Vanessa, have one daughter, Bella, and one son, Jayce.

CHRIS PARTRIDGE
OUTSIDE LINEBACKERS

CHRIS PARTRIDGE

Chris Partridge joined the Seahawks staff as outside linebackers coach on February 22, 2024, following one season at the University of Michigan in the same capacity.

Last season, Partridge guided the development of second-year LB Derick Hall, who set career-highs in sacks (8.0), and quarterback hits (20). Boye Mafe finished with 6.0 sacks and 12 quarterback hits, and Uchenna Nwosu returned to the field and finished the season after missing the final 11 games of 2023 and parts of 2024 due to injury.

Partridge served five of his six seasons (2015-19, 23) as a

coach for the Wolverines, after beginning his career in Ann Arbor as director of player personnel in 2015, serving as linebackers coach (2016-17) and safeties coach (2018-19), while also handling special teams coordinator duties (2016-19) during his tenure.

During Michigan's national championship 2023 season, two of his linebackers (Junior Colson, Michael Barrett) were All-Big Ten Conference selections as they helped Michigan's defense rank in the top-10 nationally in the following categories: red zone defense (sixth), rushing defense (sixth), interceptions (fourth), pass yards allowed (fourth), pass efficiency defense (third), total defense (second), defensive touchdowns (first), and scoring defense (first).

Partridge spent three (2020-22) seasons as the co-defensive coordinator/safeties coach at the University of Mississippi, and was the Rebels primary defensive play-caller in 2022. During his time in Oxford, Ole Miss tied the school record for most wins in a season with 10 during the 2021 season. The program also tied the record for the most players drafted with six during the 2022 NFL Draft, including four players on the defensive side of the ball.

He was named National Recruiter of the Year by Scout in 2016 and received the same honor from 247Sports in 2017. Partridge was ranked a top-five recruiter again in 2019 by 247Sports.

Partridge helped lead a defensive unit that ranked among the nation's best during his first stint on the UM staff. The Wolverines ranked first or second nationally in pass defense in each of his four seasons and helped make the defense one of the stoutest third-down units in the country over that span.

Under his direction, seven Wolverine defenders earned nine All-Big Ten accolades, including two first-team honors. He also helped Jabrill Peppers to a decorated season in 2016, when he was a consensus All-American at linebacker, won the Big Ten's Nagurski-Woodson Defensive Player of the Year, Butkus-Fitzgerald Linebacker of the Year, and Rodgers-Dwight Return Specialist of the Year awards, and finished fifth in the Heisman Trophy voting.

Michigan's special teams also saw an uptick under Partridge. Six individuals earned 10 All-Big Ten honors including 2018 second-team All-American punter Will Hart, who was also named the Big Ten's Eddleman-Fields Punter of the Year and set the single-season and single-game punting average records.

Partridge came to Ann Arbor after serving as head coach at New Jersey's Paramus Catholic High School. He grew a football program ranked 4,250th nationally and 112th in the state of New Jersey, to the top-ranked team in the state and No. 4 nationally by USA Today. He coached and mentored more than 30 Division I football players during that time, as well as various All-Americans.

Partridge earned his bachelor's degree in government and law from Lafayette College, where he also played linebacker, in 2003.

He and his wife, Marissa, have two daughters, Mia, and Gianna.

JAKE PEETZ
OFFENSIVE PASSING GAME COORDINATOR

Jake Peetz joined the Seahawks coaching staff on February 22, 2024, following two seasons with the L.A. Rams.

Last season, Peetz oversaw a Seattle passing game which included Geno Smith's single-season franchise records for attempts (578, 4th NFL), completions (407, T2nd NFL), yards (4,320 4th NFL), and completion percentage (70.42, 5th NFL). He became the 20th quarterback in NFL history with a 70% completion percentage in a season. Peetz helped the growth of WR Jaxon Smith-Njigba, who became the eighth player in NFL history with 150 receptions, 1,700 yards, and 10 touchdowns before his 23rd birthday. He tied a franchise record with 100 receptions and became the 10th player in franchise history with 1,000 receiving yards in a season. DK Metcalf finished with 66 receptions for 992 yards and five touchdowns, joining Randy Moss as the only players in NFL history with 50 catches, 900 yards, and five touchdowns in each of their first six seasons.

Peetz aided the 2023 Rams passing attack that saw QB Matthew Stafford throw for nearly 4,000 yards and helped rookie WR Puka Nacua to a second-team AP All-Pro and Pro Bowl season. Nacua finished fourth in the NFL in receiving yards (1,486), ninth in receptions (105), and added five touchdowns. His receptions and receiving yards both set NFL rookie records, and he finished the season being named NFC Offensive Player of the Month for December/January.

In his first year with the Rams, Peetz provided general support for McVay on the offensive side of the ball and handled game management. With the help of Peetz, the Rams' offense finished the season with the best fourth-down conversion rate in the NFL, converting 15 of 19 fourth-down attempts after finishing 17th in this category in 2021. Peetz also played an instrumental role in onboarding the midseason acquisition of QB Baker Mayfield. He has also worked with Teddy Bridgewater (Panthers), Cam Newton (Panthers), Derek Carr (Raiders), Kirk Cousins (Commanders), Chad Henne (Jaguars), Blaine Gabbert (Jaguars), Tua Tagovailoa (Alabama), Jalen Hurts (Alabama) and Mac Jones (Alabama).

During his time as the offensive coordinator and quarterbacks coach at LSU in 2021, Peetz helped guide the Tigers to the No. 5 passing offense in the SEC. QB Max Johnson finished seventh in the conference with 2,815 passing yards, fifth in touchdown passes (27) and tallied the fifth-fewest interceptions (6). Johnson did not play in the team's bowl game appearance, and Peetz helped senior wide receiver Jontre Kirklin move to quarterback and throw for three touchdowns, which tied for the third-most in a bowl game for the Tigers.

In 2020, Peetz took over as quarterbacks coach for Carolina

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and helped QB Teddy Bridgewater achieve career highs in passing yards (3,733) and completion percentage (69.1).

In 2019, Peetz coached the running backs for the Panthers when Christian McCaffrey put together a record-breaking season. McCaffrey led the NFL in scrimmage yards (2,392) that season and became just the third player in NFL history with over 1,000 rushing yards and 1,000 receiving yards in the same season. He also set the NFL record for receptions by a running back with 116 in 2019, becoming only the second player in league history with 1,000 rushing yards and 100 receptions in the same season.

NFL stops for Peetz include the Oakland Raiders (2015-17), Washington Commanders (2014) and Jacksonville Jaguars (2012). Peetz spent the 2013 and 2018 seasons as an offensive analyst with the University of Alabama. He also coached at Santa Barbara City College in 2006 and at UCLA in 2007. He was a scout for the Jacksonville Jaguars from 2008-11 before moving to an on-field coaching position with the franchise in 2012.

Peetz coached quarterbacks in his final two seasons in Oakland (2016-17), serving as assistant quarterback coach in 2016 and quarterbacks coach in 2017. Raiders quarterback Derek Carr earned two of his three consecutive Pro Bowl selections working with Peetz. He originally joined the team as a senior offensive assistant in 2015, working primarily with the running backs. He helped Latavious Murray earn Pro Bowl honors after rushing for 1,066 yards and six touchdowns, the first 1,000-yard rushing season by a Raider since 2010.

Peetz spent one year with Washington as the offensive quality control/assistant wide receivers coach in 2014. In his one season working with Peetz, receiver DeSean Jackson led the NFL with an average of 20.9 yards per reception and led the team with 1,169 receiving yards.

Peetz played defensive back and long snapper at Nebraska from 2003-05. While at Nebraska, he was twice named to the Brook Berringer Citizenship Team for his extensive community outreach work. He graduated from Nebraska in exercise science in December of 2005.

Peetz and his wife Maggie have seven children; Gianna, Julia, John Robert, Emma, William, George and Andrew.

MARK PHILIPP
STRENGTH & CONDITIONING ASSISTANT

Philipp was announced as strength & conditioning assistant for the Seahawks on February 22, 2019, after spending one season at USC (2018) under current Seattle head strength coach Ivan Lewis.

Prior to USC, he spent three seasons (2015-17) serving as Nebraska's head football strength coach. Philipp assumed the role in January of 2015, shortly after Mike Riley was hired as the Cornhuskers head football coach. Philipp had previously worked with Riley as an assistant strength and conditioning coach at Oregon State.

Philipp made a strong impact on the Nebraska program. In 2016, the Huskers outstanding strength & conditioning was evident as Nebraska ranked among the nation's best teams in the fourth quarter.

A certified strength and conditioning specialist, Philipp is also a certified Level 1 Club Coach by USA Weightlifting, in addition to being certified in functional movement screening.

Philipp joined Nebraska after spending two years as an assistant strength & conditioning coach at USC. He was responsible for the design, implementation and supervision of the strength training, agility, speed work, conditioning and testing for the women's lacrosse team, while also assisting with all aspects of strength & conditioning for the football, women's basketball and sand volleyball programs.

Known for his contagious enthusiasm, Philipp was an assistant strength & conditioning coach at Oregon State from 2009-12. He spent four seasons working with coach Riley's football team, helping the Beavers to a pair of bowl appearances. In his final season, Philipp played a role in Oregon State finishing with a No. 20 national ranking. In addition to assisting with the football team, Philipp was in charge of coordinating the strength & conditioning programs for the Beavers men's basketball, wrestling, softball, women's volleyball, women's swimming and diving and women's golf teams.

While in Corvallis, Philipp also served as an assistant strength & conditioning coach for the Corvallis Knights baseball team for three summers, in addition to working as the director of strength & conditioning for the Oregon State Weight Lifting Camp from 2010 to 2013.

Philipp earned his bachelor's degree from Southern Illinois University in 2006, where he was a member of the football team. Philipp served as team captain in 2005, and he was twice named the defensive powerlifting champion.

He was born on November 12, 1982 in San Bernardino, Calif.

Mark Philipp

KENNEDY POLAMALU
RUNNING BACKS

Kennedy Polamalu was hired as running backs coach on February 22, 2024. He enters his 34th season in coaching at both the NFL and collegiate levels, and spent two seasons (2022-23) as running backs coach with the Las Vegas Raiders prior to joining the Seahawks.

Last season, Polamalu helped RB

Kennedy Polamalu

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High School in Santa Ana, Calif., where he was an All-American in football, lettered in basketball and track, and served as the student body president. Polamalu played fullback and linebacker at USC from 1982-85, graduating with a bachelor's degree in history. His nephew, Troy Polamalu, played at USC and played 12 seasons in the NFL, winning two Super Bowls with the Pittsburgh Steelers and earning induction into the Pro Football Hall of Fame in 2020. Brother, Ao Polamalu, played football at Penn State and nephew, Nicky Sualua played running back at Ohio State before playing for the Bengals and Cowboys in the NFL. His great nephew, Isaiah Pola-Mao, currently plays safety for the Las Vegas Raiders. Polamalu and his wife, Stephanie, have six children, KC, Matthew, Tre, Sophia, Andrew and Xander, as well as a daughter-in-law, Theresa, and grandsons, Tre and Koa.

TYSON PRINCE
ASSISTANT WIDE RECEIVERS

Tyson Prince

Tyson Prince joined the Seahawks coaching staff on February 22, 2024, following one season (2023) as Sacramento State's wide receivers coach and passing game coordinator.

Prince mentored a deep receiving corps in his first season at Sacramento State. Jared Gipson was named second-team All-Big Sky after catching 38 passes for 657 yards and four touchdowns. Carlos Hill also had a breakout year, leading the team with 51 receptions for 692 yards and five scores.

Prince served as an offensive quality control coach at the University of Washington during the 2022 season where he worked closely with the receivers. The Huskies finished the season with an 11-2 overall record and captured the Alamo Bowl title. During the year, the team averaged 515.8 yards of total offense per game, including 369.8 passing yards per game. The receiving corps was led by Jalen McMillan and Rome Odunze who each produced 1,000-yard seasons.

He began his coaching career at Michigan State as a student assistant working with the wide receivers from 2016-18. He then served as a graduate assistant at Fresno State in 2019 where he worked under Jeff Tedford and current Seahawks offensive coordinator Ryan Grubb. Prince moved to the NFL in 2020 where he was an offensive quality control coach with the Detroit Lions working with tight ends. He returned to the college ranks in 2021 as an offensive graduate assistant at Boise State.

Prince earned his bachelor's degree in kinesiology from Michigan State in 2019. His father, Robert, is currently the wide receivers coach for the Dallas Cowboys and was the Seahawks wide receivers coach in 2009. He is married to Cassi.

KARL SCOTT
DEFENSIVE PASSING GAME COORDINATOR/DEFENSIVE BACKS

Karl Scott

Hiired on February 22, 2022, to be the team's defensive passing game coordinator/defensive backs coach, Karl Scott enters the 2024 season in that same role, serving in that capacity in two of his three Seahawks seasons. Scott served one season (2021) as the defensive backs coach with the Vikings in his inaugural season in the NFL. Prior to Minnesota, he served as Alabama's cornerbacks coach from 2018-20.

Scott took part in the 2024 Coach Accelerator program in May of 2024 at the NFL Spring League Meeting in Nashville, Tenn. The Accelerator serves as a platform for clubs and owners to engage with qualified coaching candidates from diverse backgrounds. Candidates can build relationships with club owners and executives and further develop and hone their leadership skills. The program has successfully contributed to an increase in diverse candidates being interviewed for open positions, and many past participants have been promoted and hired into more senior coaching positions.

Last season, Scott's defensive backs had another strong campaign as CB Devon Witherspoon became the fifth Seahawks player to begin his career with consecutive Pro Bowl nominations. CB Riq Woolen tied for the team lead with three interceptions and led Seattle with 14 passes defensed (T10th NFL).

For the second consecutive season, another of Scott's rookie cornerbacks was up for NFL Defensive Rookie of the Year consideration in 2023 fifth overall selection Devon Witherspoon. Witherspoon led all rookies with 16 passes defensed (5th NFL), was named NFC Player of the Week 4, NFL Defensive Rookie of the Month for October, named to the PFWA All-Rookie Team, and selected to the Pro Bowl Games. He returned an interception at the N.Y. Giants 97 yards for a touchdown, good for the second-longest interception return in franchise history, and sixth-longest return overall. In that same game, he recorded 2.0 sacks, becoming the third rookie since 1982 with 2.0 sacks and a pick-six in a regular or postseason game.

In 2022, Scott helped lead the rapid development of rookie cornerbacks Coby Bryant, Riq Woolen, and first-year starter Michael Jackson. Woolen set a rookie franchise record and tied for first in the NFL with six interceptions while being named to the NFC Pro Bowl Games roster. He became the first Seattle defensive rookie to be named to the Pro Bowl since 2005 (LB Lofa Tatupu). Woolen was also the first rookie since 2000 and first player since 2016 (Marcus Peters) with at least 15 passes defensed, six interceptions and three fumble recoveries in a single season. Quandre Diggs was named to the NFC Pro Bowl Games for the third con-

secutive season, while registering four interceptions and became the only player in the NFL to record at least three interceptions in each of the past six seasons (2017-22).

Under Scott's guidance, Seattle made improvements in the passing game in 2022, including completions allowed per game (31st in NFL in 2021 to 10th in 2022), passing yards allowed per game (31st to 13th), and passing first downs allowed (32nd to 15th).

Scott played a big role in helping Minnesota's Harrison Smith garner his sixth Pro Bowl selection in 2021. Under Scott's leadership, Smith also tied his career high in sacks with 3.0, while registering 114 tackles, seven passes defensed and one interception. With Xavier Woods playing on a one-year deal, Scott assisted Woods in revitalizing his career, tying for the team-lead in interceptions with three and being the only Viking to play 100% of the team's snaps in 2021.

In 2020, Scott helped Alabama to a National Championship as the defense allowed just 19.4 points per game, ranking 13th in the nation. The Crimson Tide ranked third in the SEC in pass defense and opposing quarterbacks completed just 58.1% of passes, throwing 12 interceptions. Alabama finished the 2020 season leading the SEC in pass efficiency defense and scoring defense. Under Scott, CB Patrick Surtain II led the SEC with 12 pass breakups, en route to unanimous All-America honors and being drafted in the first round (ninth overall).

Scott tutored 2020 second round NFL draftee (51st overall) Trevon Diggs on one side and Surtain II on the other while senior Shyheim Carter manned the star position in 2019. Under Scott's direction, Alabama ranked fourth nationally and first in the SEC in pass efficiency defense (109.75), finishing with 17 interceptions and 50 pass breakups.

In 2018, Scott was charged with replacing five starters in the secondary from the Tide's 2017 National Championship team with Minkah Fitzpatrick, Ronnie Harrison, Anthony Averett, Levi Wallace and Tony Brown all off to the NFL. Led by consensus All-America safety Deionte Thompson, the Tide allowed just 22 passing touchdowns while intercepting 15 passes. Surtain II earned freshman All-America honors with 37 tackles and an interceptions.

Scott spent the 2016-17 seasons as the secondary coach at Texas Tech before being named the defensive coordinator at Louisiana-Lafayette in late December of 2017. In 2017, his unit posted an impressive turnaround, helping produce 29 turnovers, including 14 interceptions. He mentored All-Big 12 selections in Jah'Shawn Johnson and Justus Parker.

Prior to his time at Texas Tech, Scott spent one season (2015) as the safeties coach at Louisiana Tech under head coach Skip Holtz. He helped the Bulldogs to a 9-4 record and a second-place finish in the Western Division of Conference USA. Louisiana Tech defeated Arkansas State in the New Orleans Bowl as the Bulldogs finished eighth nationally in defensive touchdowns after forcing 22 turnovers, including 13 interceptions.

Scott worked at Southeastern Louisiana for three years, serving as the defensive coordinator in 2014 and linebackers coach in 2012-13. During his tenure with the Lions, he helped lead the program to back-to-back Southland Conference Championships (2013-14) and two NCAA Football Championship Division playoff appearances.

His 2014 defense at Southeastern led the Southland Conference in total defense while ranking seventh in the FCS. The Lions also led the nation in pass efficiency defense (94.3), and ranked fifth in red zone defense, eighth in scoring defense (17.7 ppg) and 11th in turnovers (28).

Scott's linebackers unit was a key factor in Southeastern's 2013 Southland Conference championship campaign. His corps benefited from the emergence of Cqulin Hubert, who was named Southland Defensive Player of the Year after recording 90 tackles, including 11 tackles for loss.

Before his time at Southeastern Louisiana, Scott served as recruiting coordinator/defensive backs/linebackers coach for four years at Tusculum College from 2008-11.

He made an immediate impact at Tusculum, as he mentored two all-conference selections in Justin Scott and Jarvis Littlejohn. Scott collected all-region honors following the 2008 season, establishing new school records for single-season (22) and career (51) tackles for loss while finishing the season with 113 tackles and 277 for his career.

Scott's coaching career began at Delta State as a graduate assistant in 2007. In his lone season at DSU, he helped lead the Statesman to a 10-2 record, a no. 10 final national ranking, Gulf South Conference championship and NCAA Division II playoff appearance.

A native of Houston, Scott played at McMurry University in Abilene, Texas, where he earned his degree in exercise and sports studies in 2007. Scott and his wife Taron have two daughters, Kina Bailey and Kari Mae.

NEIKO THORPE
DEFENSIVE ASSISTANT/ SPECIAL TEAMS

Neiko Thorpe

Neiko Thorpe re-joins Seattle's coaching staff after spending the 2024 season as the team's player engagement/football operations assistant. This will be his fourth season as a coach for Seattle; serving as a defensive assistant in 2023 and the 2022 season as a coaching intern.

Thorpe played in 88 games over nine seasons in the NFL after being originally signed by Kansas City as an undrafted free agent in 2012. He played for Kansas City (2012), Oakland (2014-15), and Seattle (2016-20). Thorpe became a key cog on Seattle's special teams unit and was named a captain three times (2018-20) by his teammates. For his career, Thorpe

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tallied 40 special teams tackles and two fumble recoveries on special teams.

Born on February 11, 1990, Thorpe played in 51 games at Auburn, helping the Tigers capture the 2010 BCS National Championship. Majored in philosophy.

DANNY VAN DIJK
HEAD STRENGTH & CONDITIONING

Danny van Dijk

Danny van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018). He is responsible for designing and implementing conditioning programs as well as working with the offensive skill players.

While at USC, van Dijk served as a strength & conditioning coach and sport science coordinator for the Trojans football team. He was responsible for devising and coordinating strategies for assessing and enhancing student-athlete readiness, performance, and recovery as part of a comprehensive sports performance program.

Van Dijk planned and implemented all strength and reconditioning programs for injured athletes during the end stages of rehabilitation utilizing objective, historical, and evidence-based data and protocols. He also formulated all alternative on and off-field conditioning and weight room modifications for injured and limited athletes as well as working with the Trojan quarterbacks and offensive skill players. Van Dijk also oversaw the freshman intake program.

A native of Sydney, Australia, van Dijk was the head of strength & performance for the Eastern Suburbs Rugby Union Football Club and an assistant strength & conditioning coach for the New South Wales Waratahs Rugby Union Academy prior to his time at USC.

He is a certified strength & conditioning specialist (CSCS) and a registered strength & conditioning coach (RSCC) by the National Strength & Conditioning Association (NSCA), is Sports Performance Coach certified by United States Weightlifting (USAW), is certified in the Functional Movement Screen (FMS) assessment by Functional Movement Systems and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

Van Dijk earned his bachelor's degree in physical education from the Australian College of Physical Education in 2009 and his master's degree in exercise science with an emphasis in strength & conditioning from Edith Cowan University in 2013.

He is married to Alyssa, a physical education teacher and lacrosse coach. The couple has two children, DJ and Beau.

JAMIE YANCHAR
STRENGTH & CONDITIONING ASSISTANT

Jamie Yanchar

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks coaching staff after spending 20 years as an assistant strength & conditioning coach with the University of Southern California.

Yanchar, who helped Seattle win Super Bowl XLVIII after the 2013 season and make a return trip to Super Bowl XLIX, works alongside head strength & conditioning coach Ivan Lewis to implement a regimen of mobility, stability, strength, and power.

He is responsible for designing and implementing comprehensive strength training programs including all aspects of strength, power, speed, agility, plyometrics, position-specific conditioning and position-specific drills.

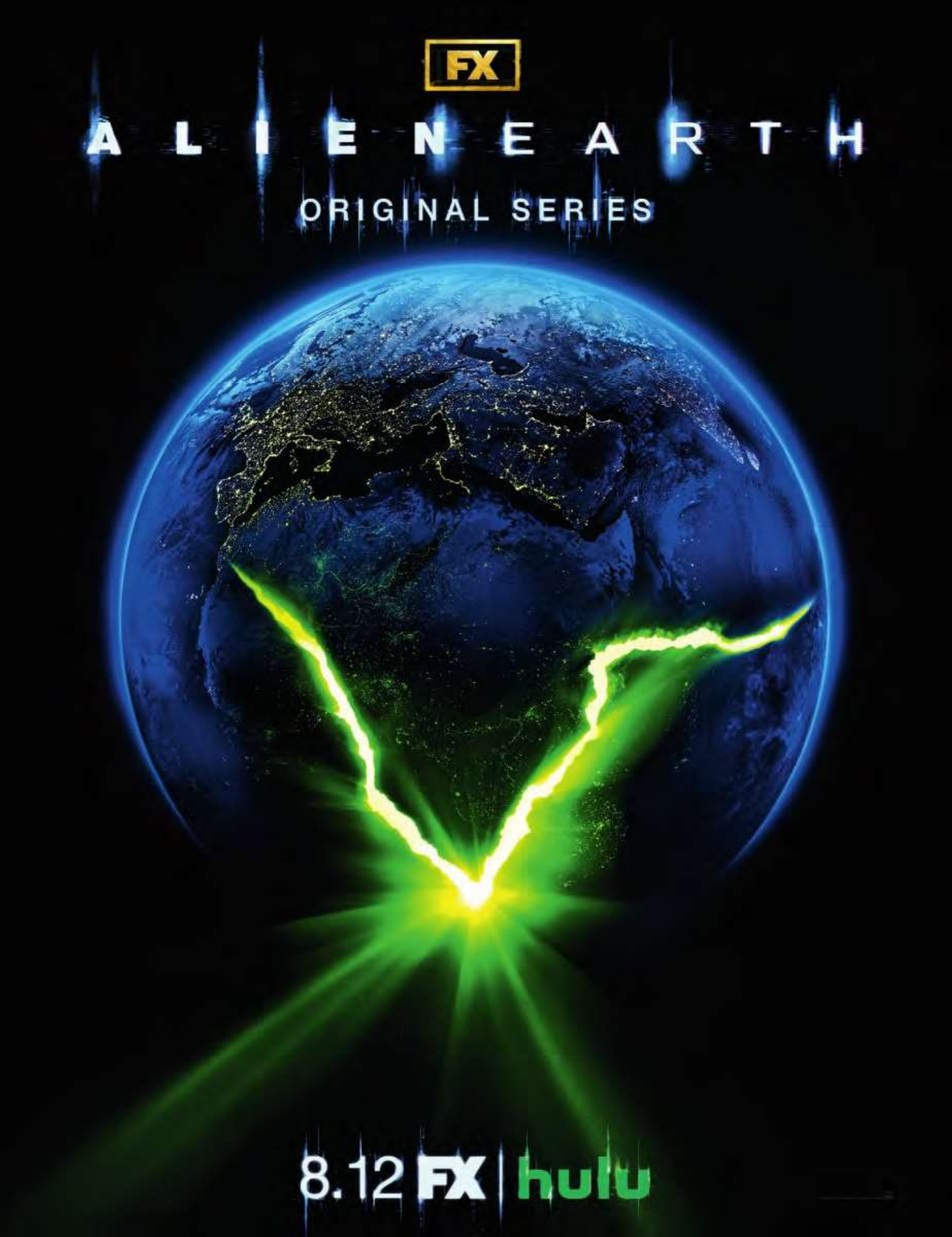
Yanchar is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), a registered strength & conditioning coach emeritus (RSCC*E) by the National Strength & Conditioning Association (NSCA), and is certified in the functional movement screen (FMS) assessment by Functional Movement Systems.

During his time at USC, Yanchar oversaw the strength and conditioning efforts for baseball, football, women's tennis, and volleyball. Yanchar contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and back-to-back national football titles, as well as being a part of 13 college football bowl teams, including five Rose Bowl and two Orange Bowl appearances.

Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

Yanchar entered the NFL as a part-time assistant with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his master's degree two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.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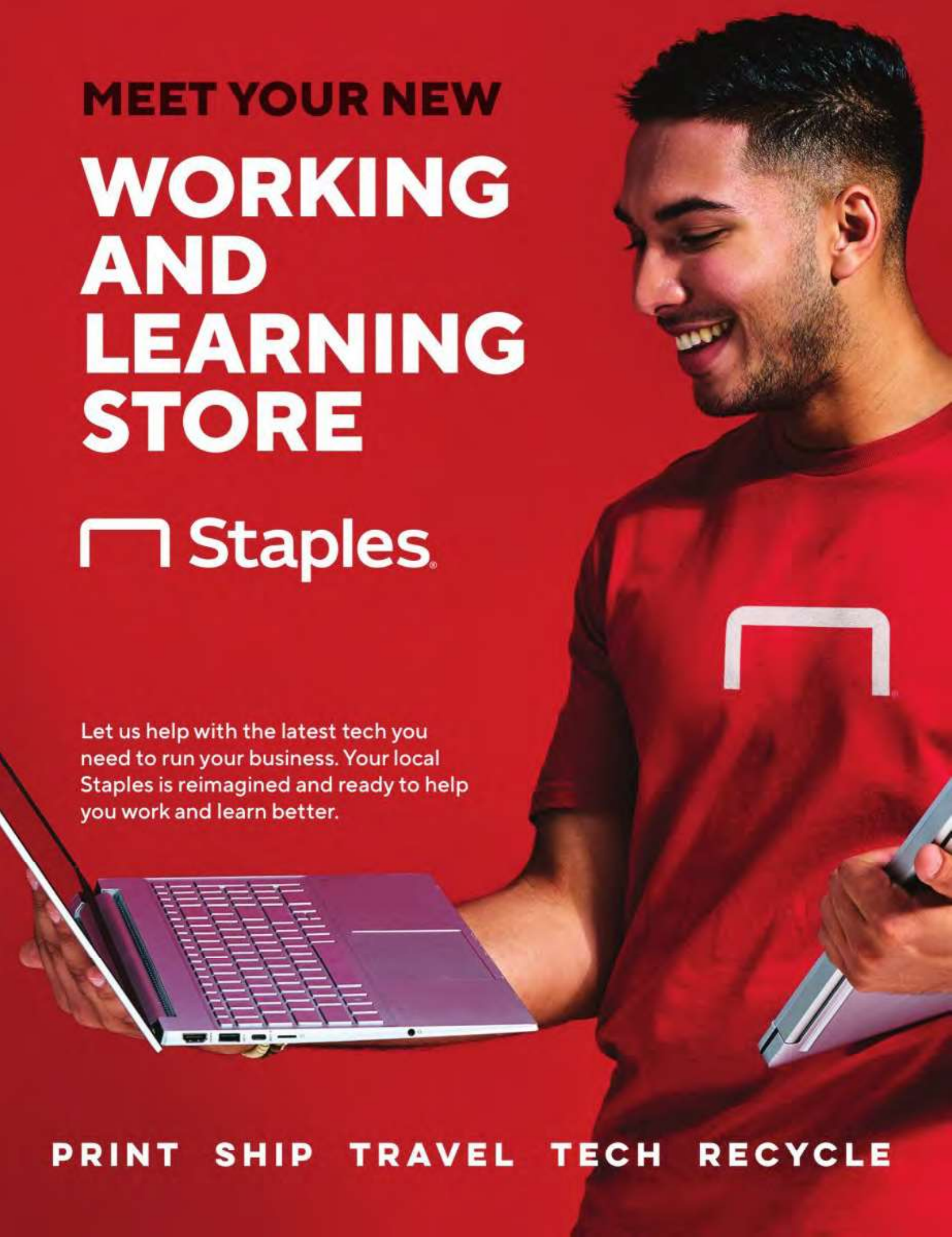

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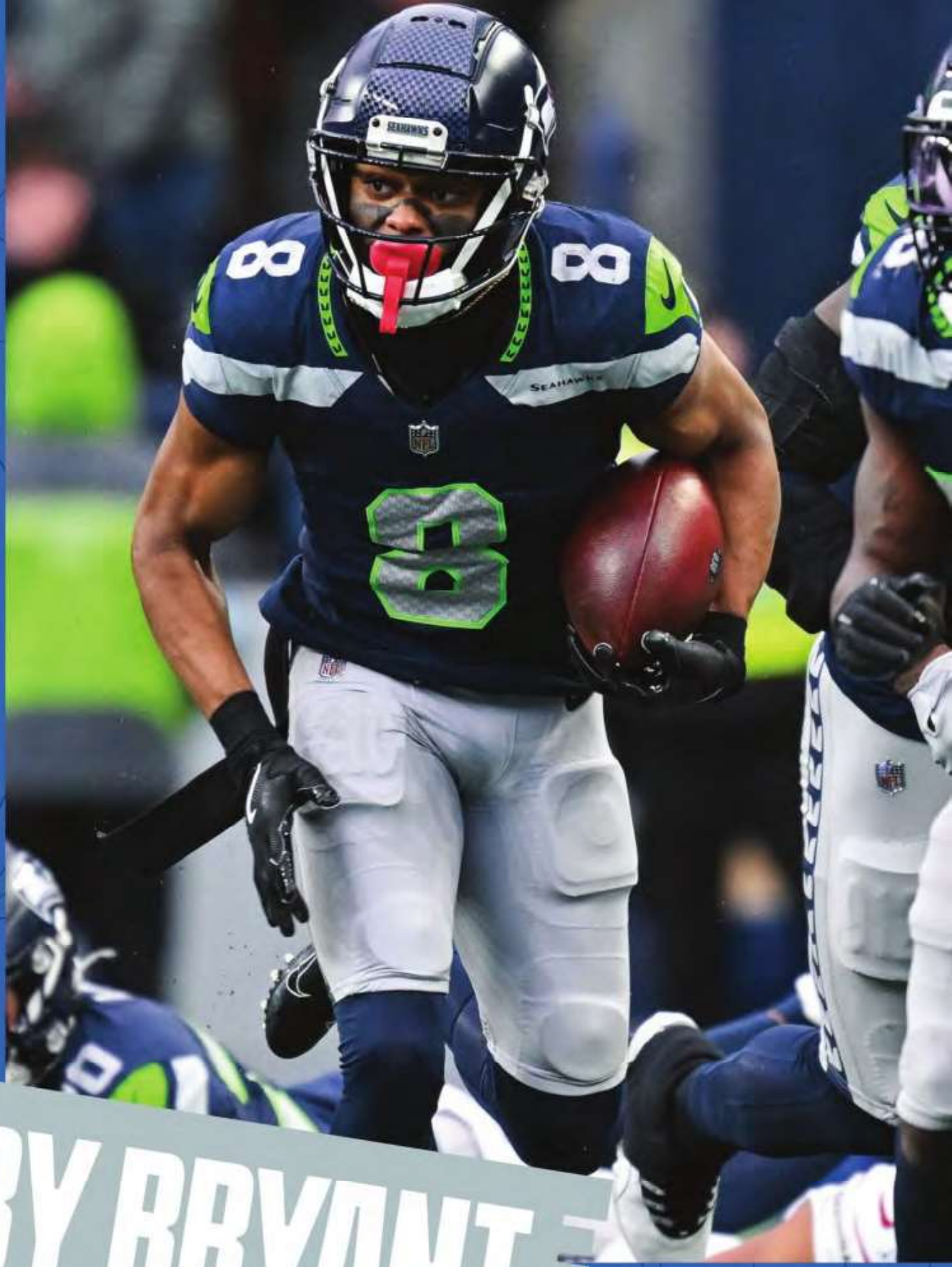

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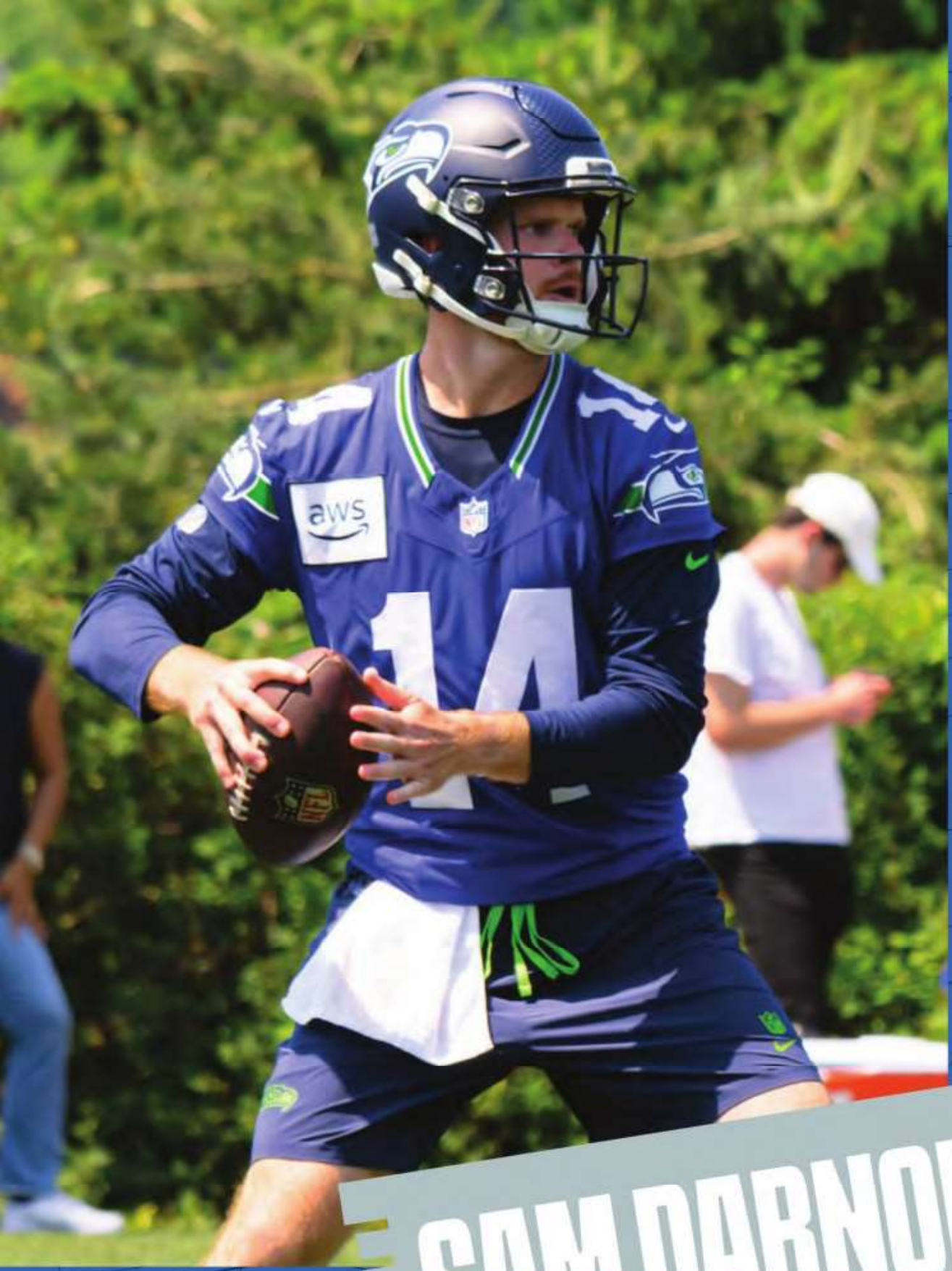

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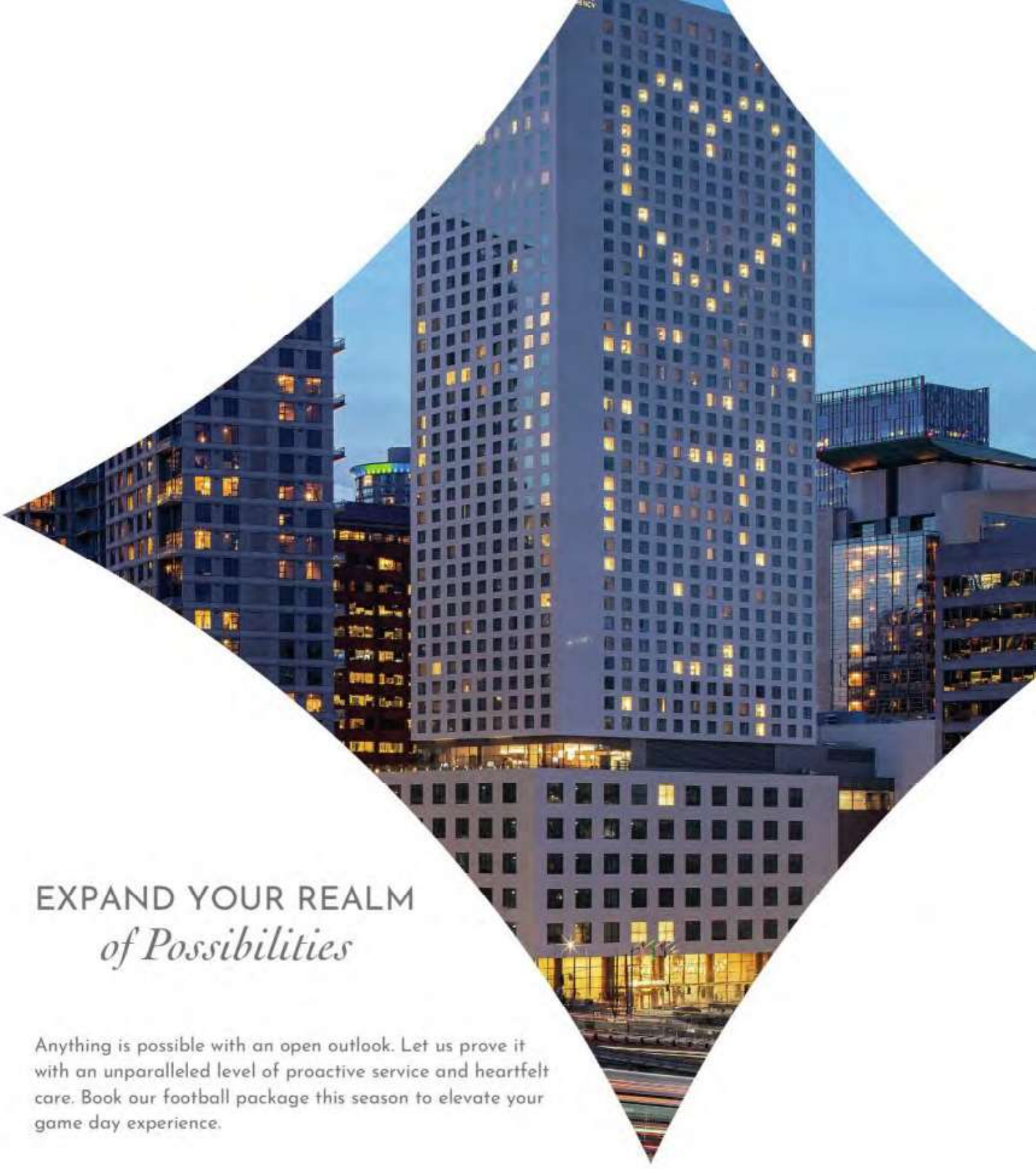

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Tight End

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"Backing up our public safety heroes here in Seattle is what our Business Community needs to do. I support the Foundation because they help bring stakeholders together to support crime prevention and officer community outreach efforts. We need each other, and so does our whole city!"

Suzie Burke
Fremont Dock Company
Seattle Police Foundation
Board Member

"As a father of two boys, one of whom experienced the tragic school shooting at Ingraham High School, I believe a safe community is not a luxury, but essential for all. I support the Foundation because public safety extends beyond policing, it requires neighborhoods working together to achieve shared goals that lower crime and improve our quality of life."

Frank Stauff
Compass Construction
Seattle Police Foundation
Board Member

SEATTLE POLICE FOUNDATION

Partnership for a Safe Seattle

"Supporting public safety and ensuring all residents of Seattle feel secure in their communities is why I support the Seattle Police Foundation. Collaboration between our law enforcement and the public is key and the Foundation works tirelessly to foster this relationship."

Andy Baker
Columbia Pacific Management
Seattle Police Foundation
Board Member

Since 2002 the Seattle Police Foundation (SPF) has championed public safety in Seattle. SPF is committed to supporting and strengthening the work of the Seattle Police Department (SPD) through philanthropy, advocacy, and building strong community partnerships.

The Foundation was founded to help SPD cultivate meaningful relationships with the community, support employee development, promote officer recognition, and help provide supplemental funding to advance the mission and goals of the Department.

SPF also provides funding to officers and civilian staff through program grants that emphasize community building, crime prevention, officer wellness, and support to children and families in need.

TO LEARN MORE ABOUT THE FOUNDATION visit: www.SeattlePoliceFoundation.org or email us at: info@seattlepolicefoundation.org

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CHRISTIAN HAYNES

Guard

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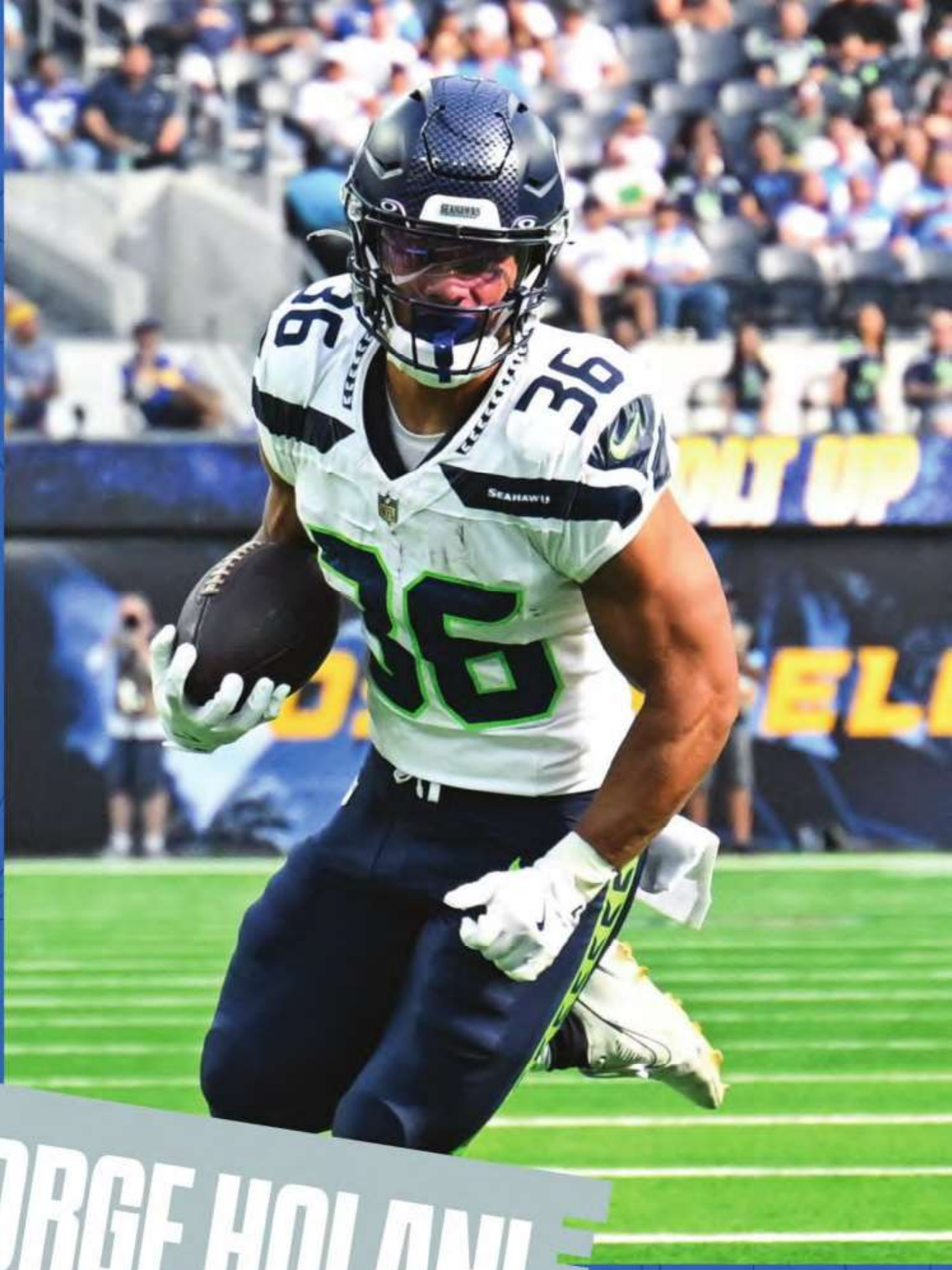

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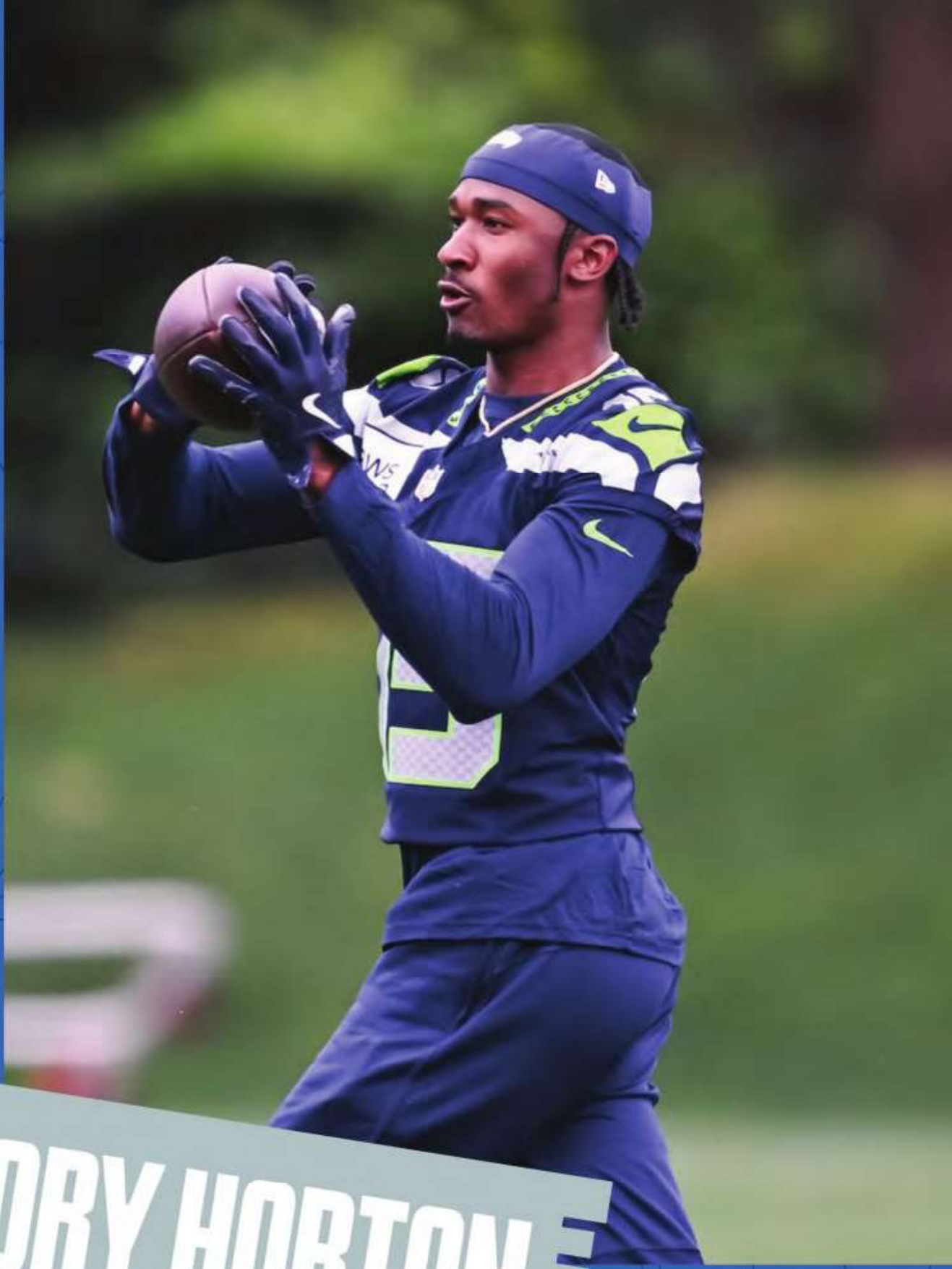

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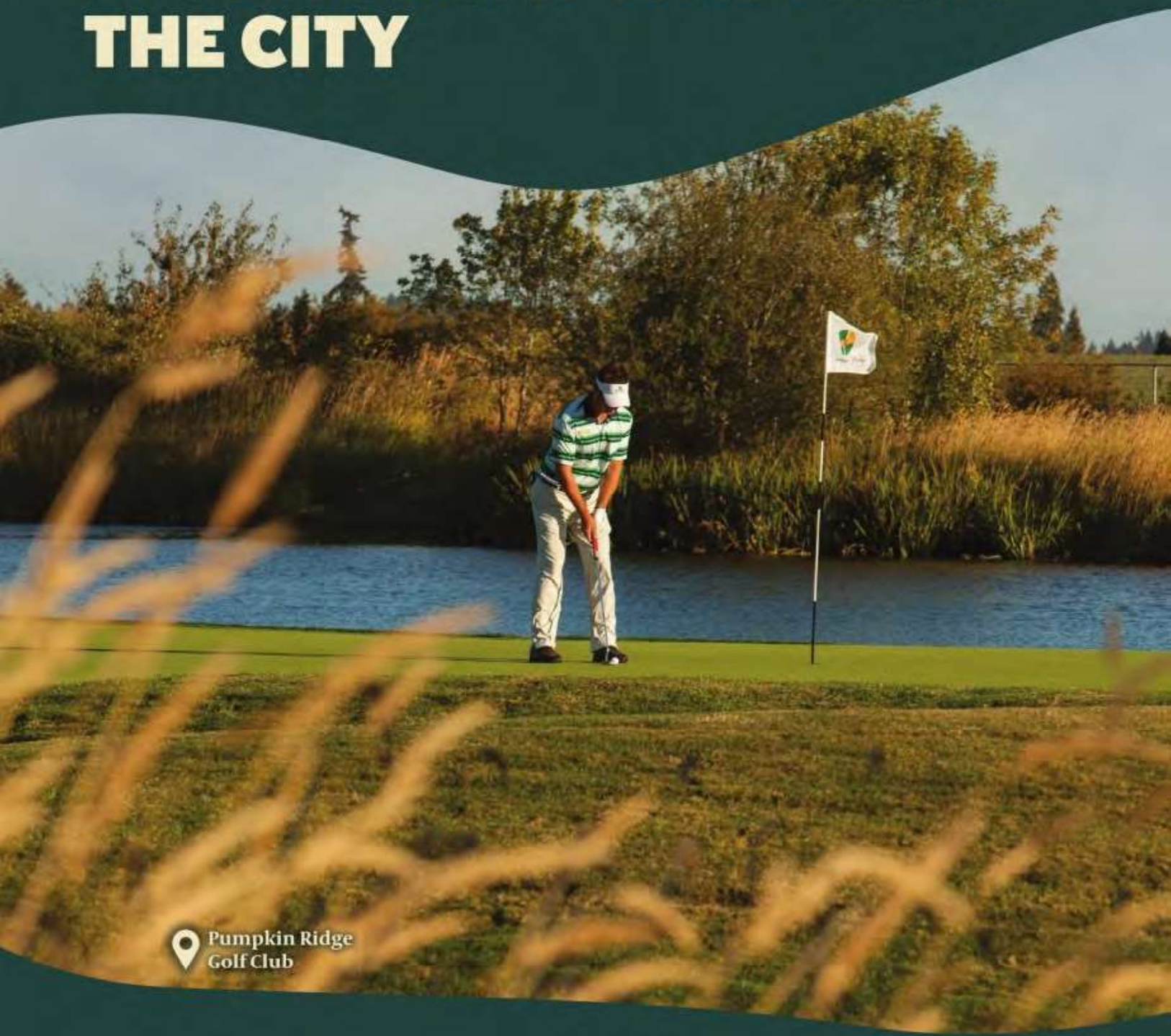

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Safety

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Are you an LGBTQ+ youth?

The Lambert House LGBTQ Youth Center is where gay, lesbian, bisexual, transgender, non-binary, and questioning youth, and their allies, make friends.

Hundreds of parents bring their kids to Lambert House every year, and 766 youth participated in 2024. Youth ages 10 through 22 are welcome. Ten, 11, and 12-year olds require signed parent/guardian permission. You can come on your own if you're 13 or older.

Programs meet in person in Seattle, Auburn, Covington, Federal Way, Kenmore, North Bend, and Renton. Facilitated online programs bring LGBTQ+ youth together safely to make friends when they can't get to an in-person location.

Visit www.LambertHouse.org or email OnlineGroups@lamberthouse.org for more information.

Many LGBTQ+ youth like sports. Snowboarding, skiing, snowshoeing, ice and roller skating, canoeing, kayaking, camping, rock climbing, gaming, D&D, dances, dinners, internships, a book club and library, informal mentoring, affinity groups, movies, cultural outings, writing groups, and art nights are some of the ways that LGBTQ+ youth have made friends at Lambert House. Youth can also propose and lead programs.

Parents are encouraged to email or schedule a visit in person for more information or a tour of our Seattle facility. Access to all programs is controlled and available only after an intake and interview.

Lambert House is supported by Best Starts for Kids, the City of Seattle, King County, The State of Washington, individuals, families, foundations, large corporations, and small businesses.

To learn more, or to support our work, please visit www.lamberthouse.org

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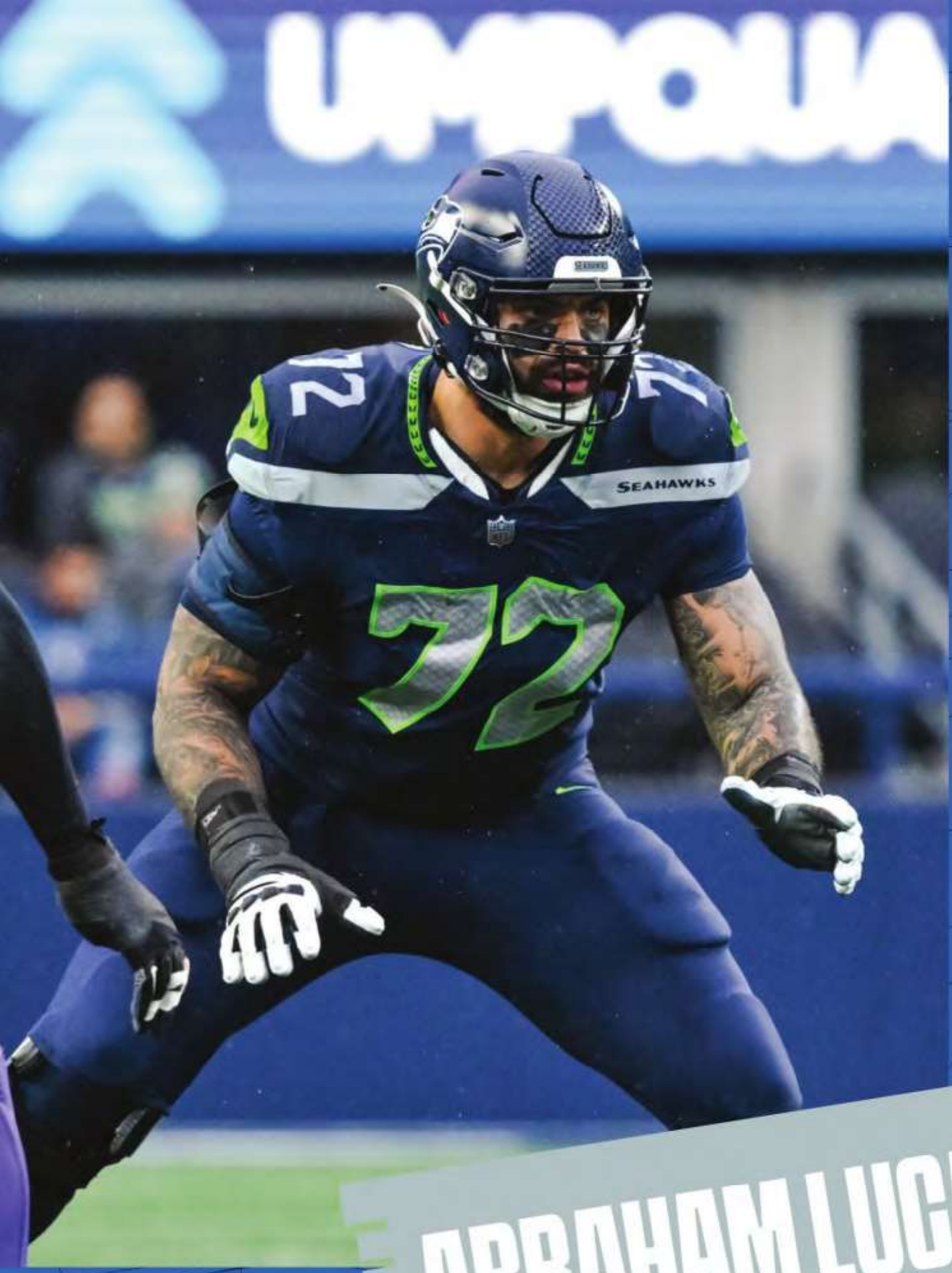

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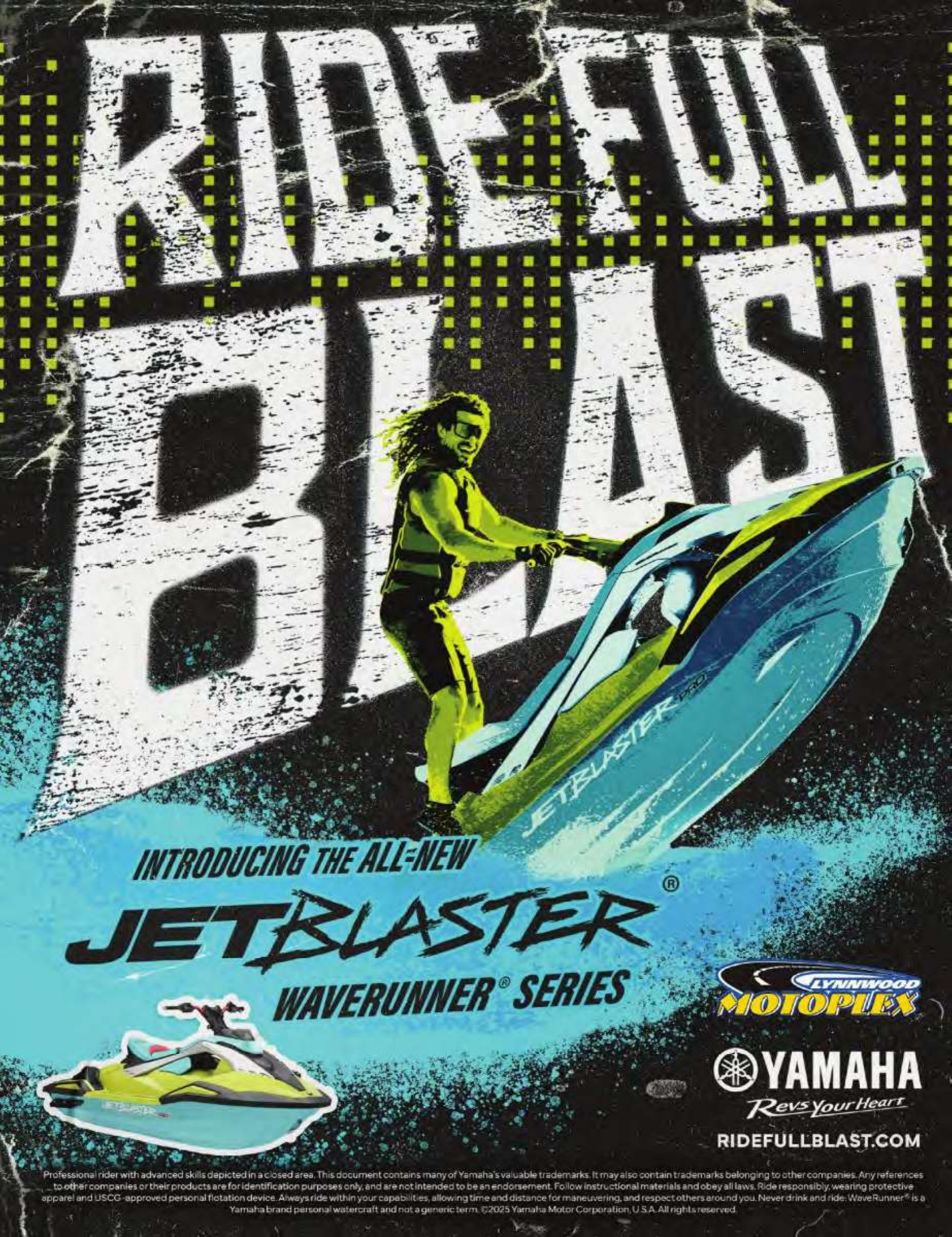

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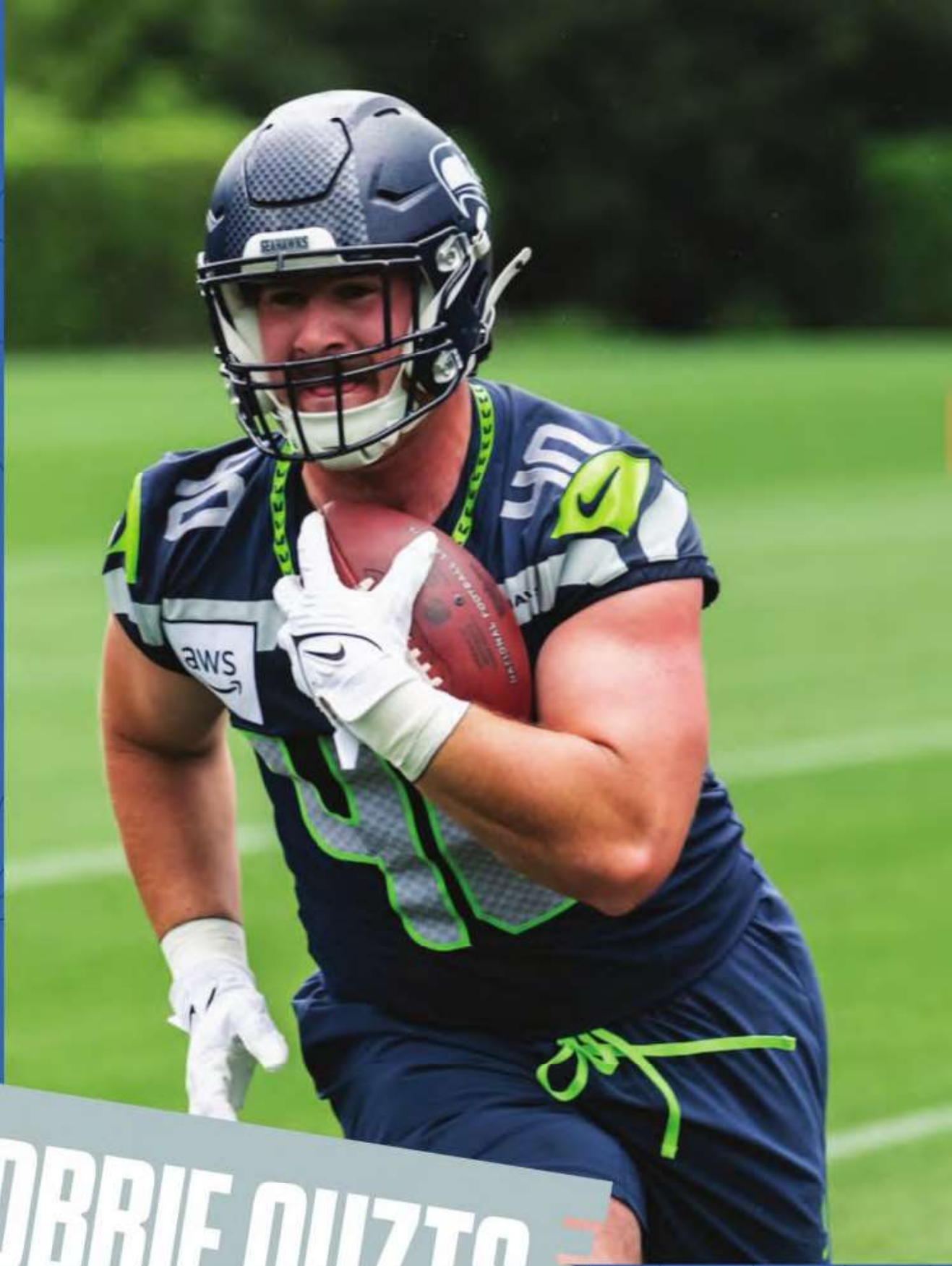

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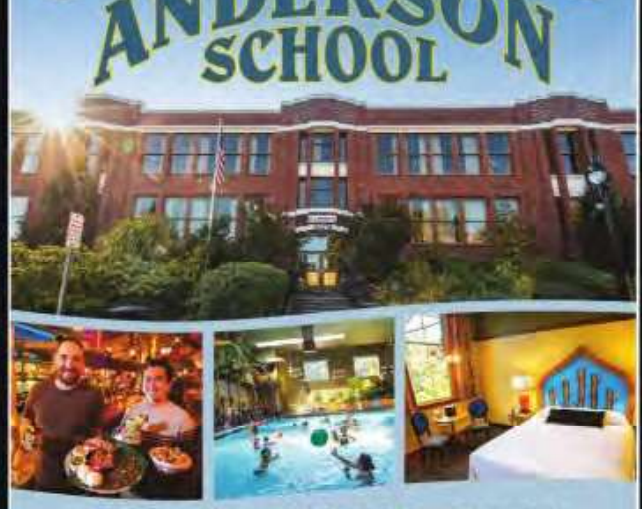

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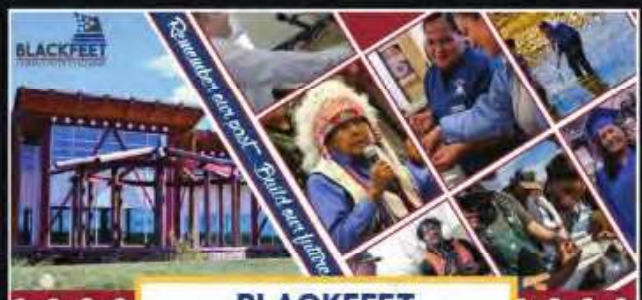

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Ticket Operations Manager . . . . . .Erin Johnson
Director of Ticket Operations/FGI . . . . . Ryan Coffey
Assistant Ticket Operations Manager . . . . . Chad Kennedy
Ticket Operations Manager/FGI . . . . . Andrea Phipps
Managing Director of Ticket Sales & Service . . .Lindsay Walker
Ticket Sales & Service Manager . . . . . Steve Lund
Ticket Sales & Service Representative. . Sara Cooley, Blake Fry, Lacey Robertson, Ruby Fera, Joey Dionisio
Ticket Services Coordinator. . . . . Quinton Miller

RETAIL OPERATIONS

Managing Director of Consumer Experience . . . . Doug Orwiler
Director of Retail . . . . . .Ryan Olson
Senior Merchandise Manager. . . . . .Vikki Knopf
Merchandise Coordinator . . . . . .Kailee Dorland
Assistant Buyer. . . . . Francesca Taporco Tyson
Stadium Retail and Events Manager . . . . . Jessica Valverde
Flagship Pro Shop Manager. . . . . .Jeremiah Whipple
Flagship Pro Shop Assistant Manager. . . . . Kelvin Nguyen
Landing Pro Shop Manager . . . . . .Michael Camero
Distribution Center Senior Manager . . . . . Patrick O'Connor

FIELDS & FACILITIES

Director of Fields . . . . . Sean Vanos
Director of Facility Operations . . . . . Dan Cramer
Facilities Manger. . . . . Rick Sannes
Lead Facilities Assistant . . . . . .Alex Wentz
Facilities Assistant. . . . . .Lee Lynch
Fields Lead . . . . . .Jordan White
Fields Supervisor. . . . . .Marcos del Toro
Fields & Facilities Assistant. . . . . Drew Sanders
Fields Assistant . . . . . Ryan Zolotsky

EVENT OPERATIONS/ADMINISTRATION

Assistant General Manager . . . . . Scott Neal
Director of Guest Services/FGI . . . . . .Amy Swisher
Training & Employee Experience Manager/FGI . . Amanda Marr
Director of Event Operations/FGI . . . . . Ronny Bush
Event Production Manager/FGI . . . . . Nick Cates
Assistant Director of Event Operations/FGI . . . James Kraman
Event Manager/FGI. . . . Andrea McConnell, Melanie Kondziola
Logistics Manager/FGI . . . . . Sarah Cahill
Operations Finance Senior Manager/FGI . . . . . Lisa Zevenbergen
Executive Assistant/FGI . . . . . Kristen Lopez
Recruiting & Employee Experience Coordinator/FGI . Brea Gulley
Human Resources Administrative Assistant/FGI Gillian Nguyen

Guest Services Manager/FGI . . . . . Ellie Henderson
Guest Services Coordinator/FGI . . . . . Tonya Senff
Contract Specialist/FGI . . . . . Charlie Mayes

SECURITY

Director of Security/FGI . . . . . Rob Agnew
Security Manager/FGI . . . . . Lisa Salinas
Event Security Manager/FGI . . . . . Matthew Boop
Lead Security Officer/FGI . . . . . Dan Stone
Full-time Security Officer/FGI . . . . . Lowen Oliveros-Roldan, Charmus Roberson, Robert Schisler, Michael Turner, Jonathan Perez, Chris Pulju, Adrian Cordoba-Almeida
Parking Supervisor/FGI . . . . . Mimi Bekele, Vincent Speziale

FACILITY OPERATIONS & CONVERSION

Managing Director of Facilities/FGI . . . . . Kathy Brown
Facilities Project & Contract Manager/FGI . . . . . Chris Dodd
Logistics & Sustainability Manager/FGI . . . . . Christy Briggs
Senior Operations Lead/FGI . . . . . Jacob Davis
Building Operations Engineer/FGI . . . . . William Gonzalez, James Green, Steven Reynolds, Ryan Karns, Brian Bies
Operating Engineer/FGI . . . . . Chris McHale
Lead Engineer/FGI . . . . . Mike Apple, Kenneth Mayes
Utility Workers/FGI . . . . . Karleen Brigham, David Gentry, Tracey Belden, Jose Martinez, Francisco Ramirez, Dan Scheeler, Max Kirkach, Jhordan McNabb, Amilio May
Director of Fields & Conversion . . . . . John Wright
Senior Manager of Fields & Conversion/FGI . . . . . Sam Town
Utility Coordinator/FGI . . . . . Jack Matheson
Field Supervisor/FGI . . . . . Patrick Burnette
Field Lead/FGI . . . . . Raul Rios
Field Crew/FGI . . . . . Fritz Short, Firaol Adem
Conversion Supervisor/FGI . . . . . Bobby Emerson
Conversion Lead/FGI . . . . . Josh Patch
Conversion Crew/FGI . . . Vincent Cooper, Maxwell Henderson

TECHNICAL SERVICES

Director of Technical Operations/FGI . . . . . Mike Tremel
Senior Technical Operations Manager/FGI . . . . . Dave Pinney, Mike Scerra
IT Support Specialist/FGI . . . . . Jon Poiana
Audio Visual Technical Specialist/FGI . . . . . Pablo Quintana
Digital Signage Operations Coordinator/FGI . . . . Paula Bersie

SALES & MARKETING

Managing Director Program and Business Development/FGI . . . . . Sarah E. Vetting
Director of Bookings/FGI . . . . . Monica Alfieri
Booking & Contracts Coordinator/FGI . . . . . Sophia El-Wakil
Marketing Manager/FGI . . . . . Alexa Coyle
Marketing Coordinator/FGI . . . . . Aaliyah Robinson
Client Services Coordinator/FGI . . . . . Tyler Collins

SCOUTING

Director of College Scouting . . . . . Aaron Hineline
Director of Pro Personnel . . . . . Willie Schneider
Assistant Director of College Scouting . . . . . Jason Barnes
Assistant Director of Pro Personnel . . . . . Armani Perez
Football Consultant . . . . . Steve Hutchinson
Area Scout (Northeast) . . . . . Todd Brunner
Area Scout (Southwest) . . . . . Ryan Florence
Area Scout (West) . . . . . Josh Graff
Area Scout (Midwest) . . . . . Jack Green
Sr. College Scouting Coordinator/Area Scout . . . . Kirk Parrish
Director of Personnel Development/Area Scout . . . . . Lamar Campbell
Player Personnel Assistant . . . . . Azzaam Kapadia

SMALL DONATIONS
MAKE A BIG DIFFERENCE

help where it's needed most.

SupportDisasterRelief.org

ad COUNCIL

BLITZ

Born:	September 13, 1998
Birthplace:	Kingdome
Home:	Lumen Field
Height:	6' 1" (a touchdown & extra point)
Weight:	Featherweight
Hobbies:	Reading, fitness, birdwatching
To book Blitz:	Seahawks.com/gameday

Follow BLITZ and all his shenanigans at:

- Facebook.com/BlitztheSeahawk
- Twitter at @BlitztheSeahawk
- nstagram at @BlitztheSeahawk
- TikTok at @blitztheseahawk

As the Seahawks mascot, the one and only Blitz does his part to make sure Lumen Field is the loudest stadium in the NFL. When Blitz isn't entertaining fans at Lumen Field, he can be found scooting across the state, raising money to buy shoes for kids through his KICKS4KIDS program. He also attends local school events, supports the Seahawks Flag Football program, visits the surrounding communities and attends private events.

BLITZ IS AVAILABLE TO ATTEND BIRTHDAY PARTIES, COMPANY EVENTS, WEDDINGS, ETC. SEND INVITATIONS TO:
BLITZ@SEAHAWKS.COM

SEAHAWKS DANCERS

The Seahawks Dancers are the official dance group of the Seahawks, balancing a busy schedule of practicing, performing, and making public appearances in the community throughout the year. Formerly known as the Sea Gals, the group was re-named the Seahawks Dancers in 2019 to reflect an overall evolution of the group as it focuses on greater diversity in performances and performers. The team is made up of a mix of female and male dancers specializing in NFL jazz/pom style dance, as well as NFL hip hop.

Courtney Moore was named Director of the Seahawks Dancers in 2018 and has been involved with the dance team since 2008 as a squad member (2008-14) and choreographer (2015-17). The 2025 season will be her eighth as Director. Former dancers Melissa Hornberger, Carli Brockman, and Jackie Ablao continue as assistants to the program in management and choreography.

In addition to numerous practices and gameday performances, the Seahawks Dancers are heavily involved in the community and spend many hours supporting numerous local charities and organizations as part of the Seahawks' community engagement program. For over 30 years, the Seahawks Dancers have held an annual fundraising event to provide Christmas gifts for the women and children living at a local women's shelter. The money raised by the squad was donated to Broadview Women and Children's Shelter, and New Beginnings, another organization that supports victims of domestic violence.

The Junior Seahawks Dancers group has become a popular program for kids ages seven to 14 and is coming back for both clinics and halftime this season. The current team's dancers work directly with these young girls and boys to develop character, team building and dance skills.

The Seahawks Dancers "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The group has performed across the United States, Middle East, Africa, the South Pacific, and European military bases.

FANS MAY LEARN MORE ABOUT THE SQUAD AT SEAHAWKS.COM/DANCERS

Smokey Bear is within us all.

For wildfire prevention tips, visit
SmokeyBear.com

ad COUNCIL

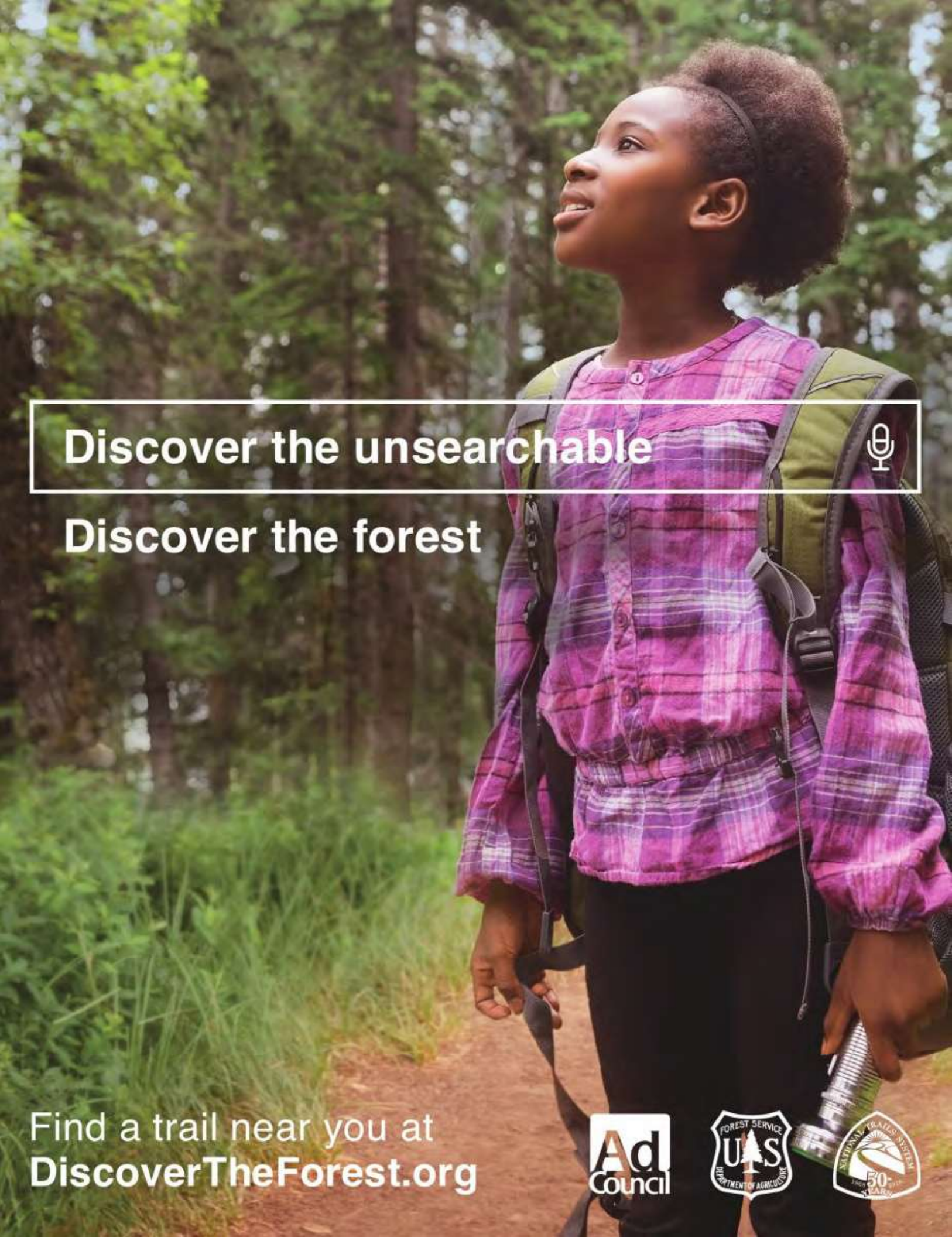
When I grow up,
I want to be a
Teacher!
Last year, Sam was too sick to dream.
He has Primary Immunodeficiency or PI.
Thanks to the Jeffrey Modell Foundation,
he has been properly diagnosed and treated.
Now he's head of the class.
jm
Jeffrey Modell
Foundation
helping children reach for their dreams
info4pi.org
Because of the
Jeffrey Modell Foundation
I have a Chance!♡

BLUE THUNDER

Seahawks Blue Thunder is the heartbeat of the 12s. This high-energy entertainment drumline will be entering their 22nd season performing throughout the stadium before, during and after games.

Not your typical drumline, Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties, and corporate event appearances.

AMPLIFY YOUR NEXT EVENT AT:
SEAHAWKS BLUE THUNDER APPEARANCE REQUESTS | SEATTLE SEAHAWKS – SEAHAWKS.COM


Discover the unsearchable
Discover the forest
Find a trail near you at
DiscoverTheForest.org
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FOREST SERVICE
USDA
DEPARTMENT OF AGRICULTURE
NATIONAL TRAILS SYSTEM
50 YEARS

TAIMA BOOM BAM

TAIMA

This living symbol of the team is a male augur hawk, who's Native American name means "Thunder." Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at Lumen Field. He can also be found on the sidelines and in Ticketmaster Tailgate before home games.

BOOM

Boom arrived in Seattle on September 21, 2014. Boom is a sidekick to Blitz and can be found attending many of the Seahawks family friendly events. Fans can meet Boom in Ticketmaster Tailgate before Seahawks games and roaming the concourses throughout the game. Follow Boom on X @BoomtheSeahawk

BAM

Bam C. Hawk was introduced to the 12s on September 8, 2024, at Lumen Field. He will be representing the 12s internationally in the team's Deutschland market. You can find Bam at a wide variety of events from flag football camps to a select number of Rhein Fire home football games, and several events throughout Germany, Austria, and Switzerland.

Defend his right to childhood.
Sponsor a child today.
SOS Children's Villages builds loving homes for orphaned and abandoned children around the world.
SOS CHILDREN'S VILLAGES

OUR MISSION

To make the world a better place by raising awareness and funds for charities in the spirit of the 12s.

OUR VISION

To create chapters across the globe in support of helping every community realize their own spirit of the 12s.

Our Purpose: Established in 1976, the Sea Hawkers Booster Club is also celebrating its 50th season. It has been a vital extension of the Seattle Seahawks. Led by the fans, the Sea Hawkers first started with five Washington chapters but have since expanded not only nationwide but worldwide. The organization has members in 35 countries and 39 U.S. states. U.S. Military members are considered honorary Sea Hawkers for their service and their membership is complimentary. As of January 2025, the Sea Hawkers Booster Club is a team of 36 chapters and 10,000-plus members strong.

It is the Sea Hawkers' mission to continue to be community-minded. As a 501c3 non-profit organization our members have conducted everything from local food drives to helping Blitz with his annual Kicks4Kids campaign to traveling the globe cheering on the team. The Sea Hawkers have a strong commitment to supporting our communities and the Seahawks across the world. The Sea Hawkers raised more than $609K and volunteered over 48,000 hours in 2024.

Sea Hawkers always bring the noise wherever we are, but it's our heart that truly makes us the greatest fan club in the NFL. If you are a passionate Seahawks fan, with care for both the team and your community, the Sea Hawkers are for you. Join a local chapter to participate in watch parties, local charity events, and community projects.

TO LEARN MORE, DONATE, OR JOIN THE CLUB PLEASE VISIT OUR WEBSITE AT JOIN@SEAHAWKERS.ORG LET US HELP CONNECT YOU WITH A CHAPTER NEAR YOU!

SEA HAWKERS
BOOSTER CLUB
EST. 1976
THE OFFICIAL BOOSTER CLUB OF THE SEATTLE SEAHAWKS

IN MEMORIUM

TOMMY BRASHER
ASSISTANT COACH
1948–2025

CLEVELAND "CHICK" HARRIS
ASSISTANT COACH · 1945–2025

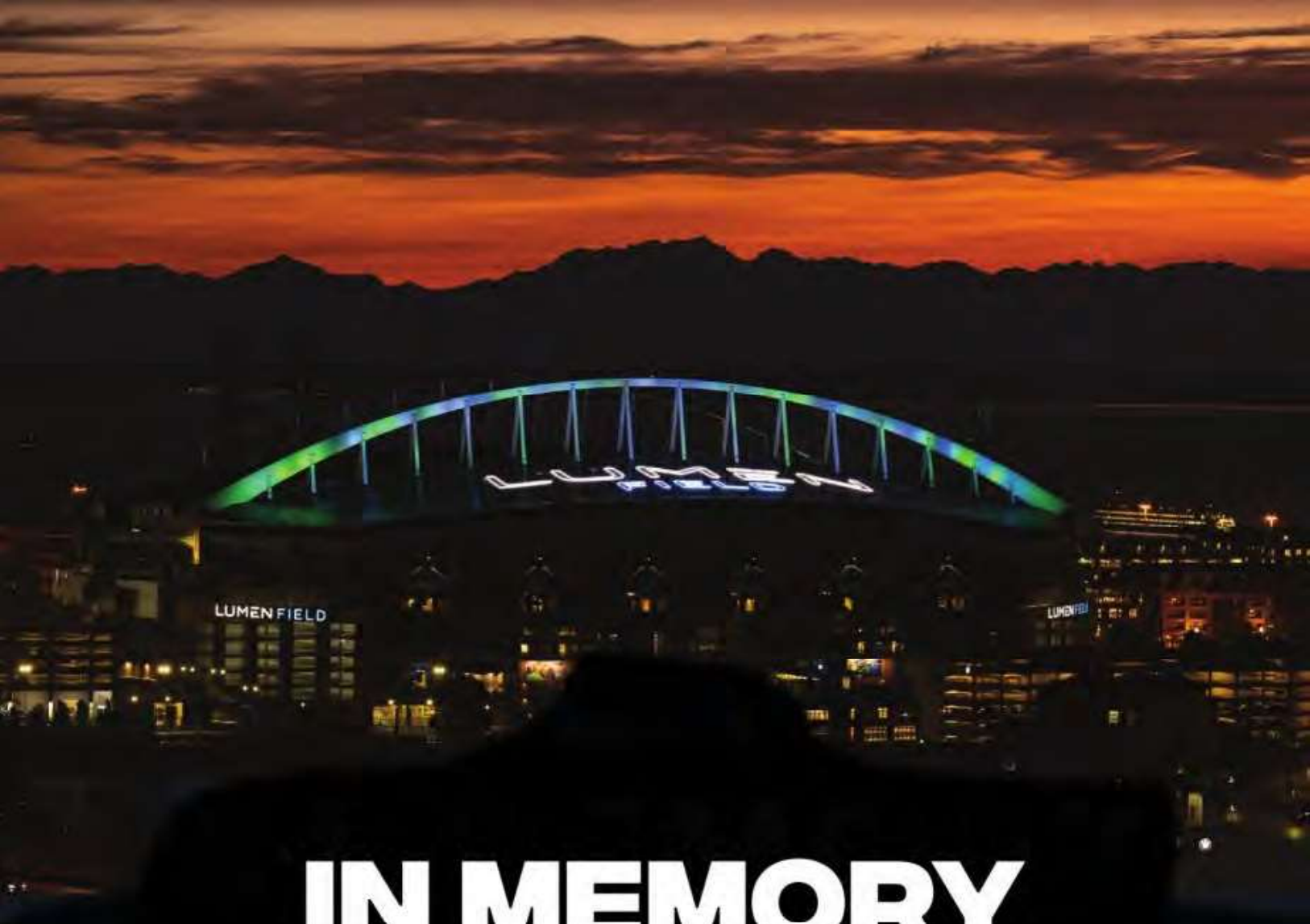
AL MATTHEWS
SAFETY
1947–2025

JOHN MONSON
FACILITIES DIRECTOR
1948–2025

TONY VENTRELLA
DIGITAL MEDIA HOST
1944–2024

DEAN WELLS
LINEBACKER
1978–2025

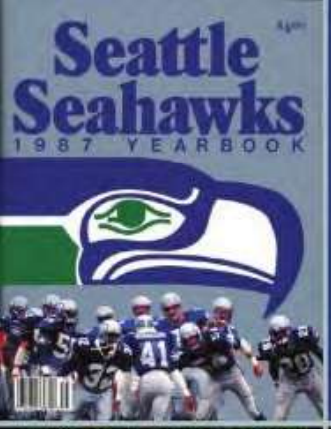
DAVE WILLIAMS
WIDE RECEIVER
1945–2024

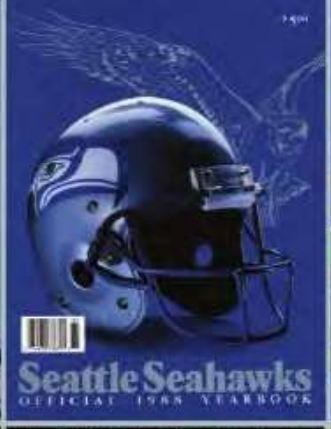


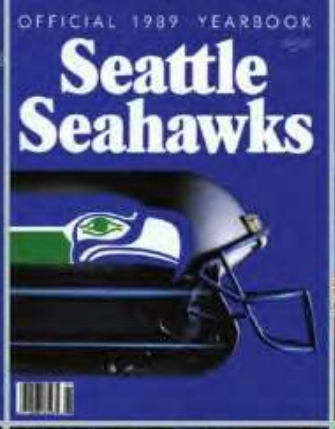
IN MEMORY

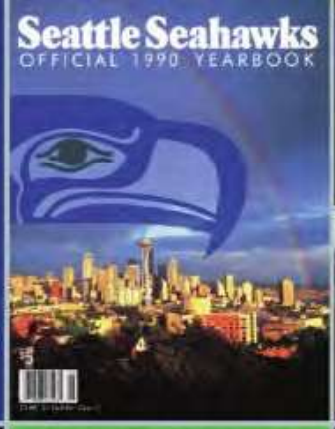
The Seahawks honor the 12s lost this past year. Thank you for your passsion and dedication.

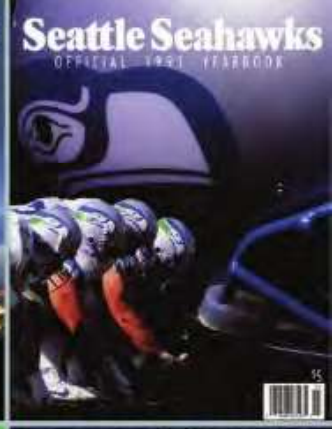
Donald Andrews
Jerry Austin
George Berkman
Lois Berry
Walter Berry
Claudia Best
Lois Brown
Walt Cassidy
Betty Coates
Nathan Coates
Travis Coleman
Alysia Coley
Tim Comyn
Gary Crawford
Michelle Curry
Colleen Dalton
Alan Erickson
Jerald Farley
Paul Fernandez
Margaret Fourhman
Alicia Gmeiner
Don Hasselbeck
Dale Havens
Denton Hineline
George Hindman
LaQuita Holland
Richard Jackling
Carol James
Melvin Jenkins Jr.
Ken Kelley Sr.
Riane Kendall
Ralph Knudsen
John Korosky
George Krieger
Kara Leishman
Andy Lock
Preston Lord
Mike Lude
Donna Luepnitz
Lynn Luepnitz
Ashley Mai
Kaleb Miles
Greg Munroe
Tom Neilson
Gordon Nelson
Wendell Nuguit
Irene Peacock
Duane Person
Joan Pihl
Samuel Roseberry
Art Shepard
Jazmin Smith
Scott Smith
Joseph Spencer
Margaret Spense
Ken Stanford
Eugene Straw
Gary Taller
Paul Taylor
Kedron Thomas
William Tomisser
Dale Tracy
Mark Turner
Kyle Uecker
Loretta Webber
Dave Williams
Willie Winston Jr.
John Wolf


Seattle Seahawks
1987 YEARBOOK


Seattle Seahawks
OFFICIAL 1988 YEARBOOK


OFFICIAL 1989 YEARBOOK
Seattle Seahawks


Seattle Seahawks
OFFICIAL 1990 YEARBOOK


Seattle Seahawks
OFFICIAL 1991 YEARBOOK

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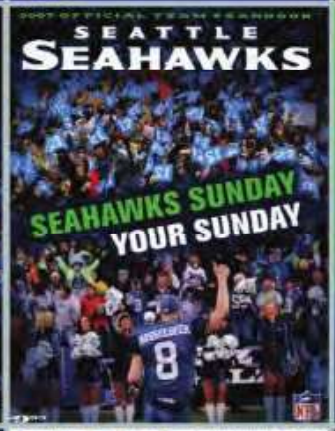
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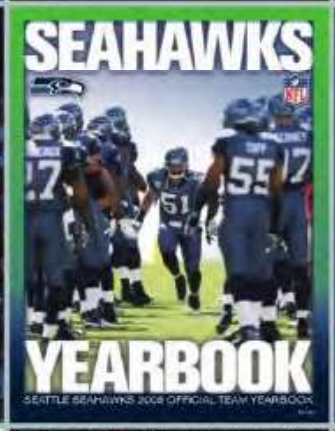
SEAHAWKS SUNDAY
YOUR SUNDAY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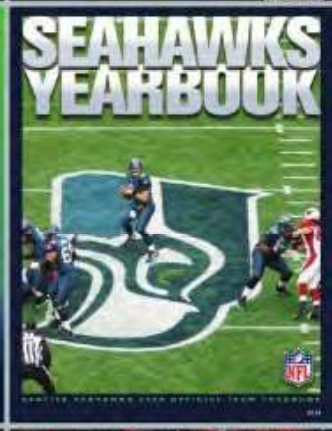
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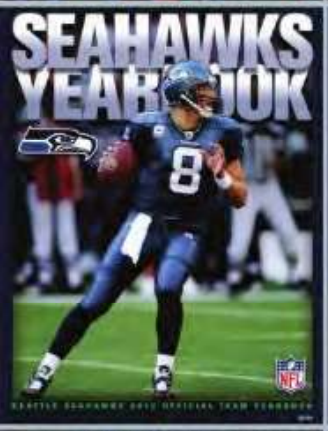
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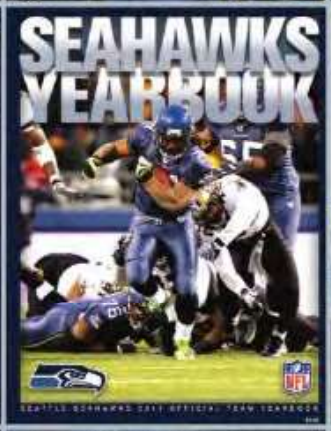
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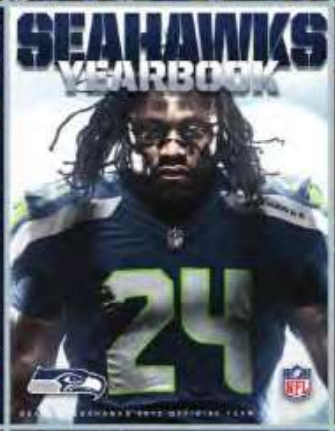
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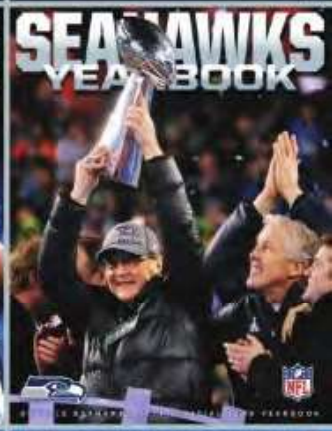
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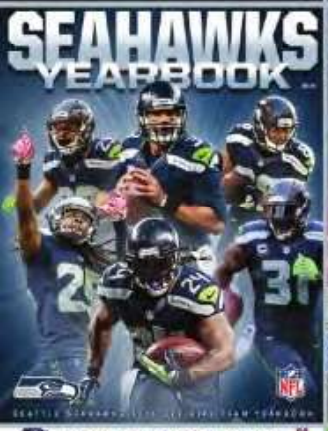
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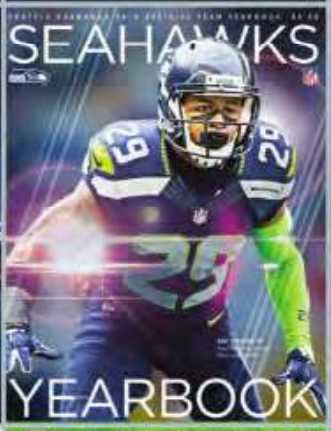
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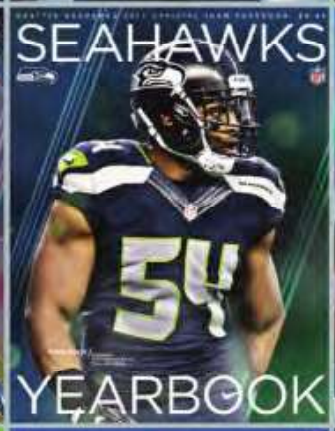
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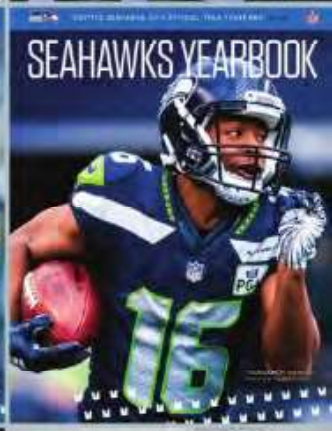
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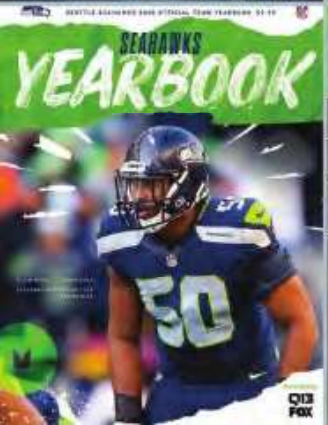
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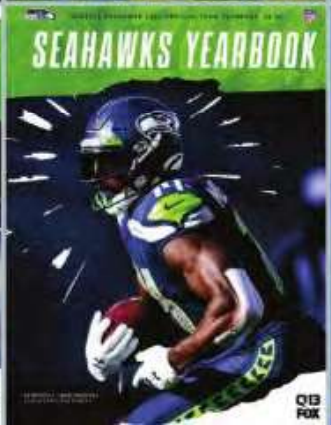
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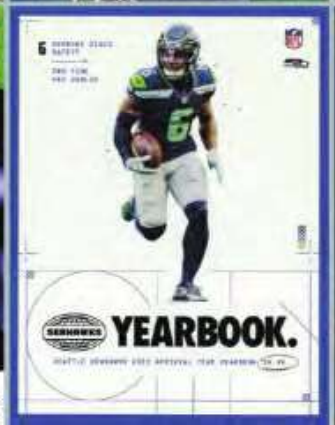
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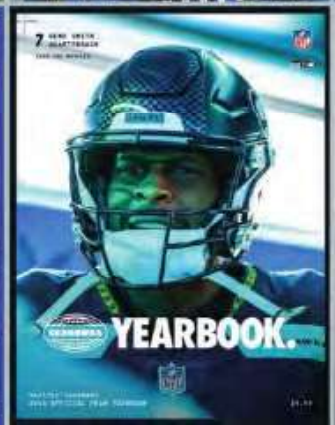
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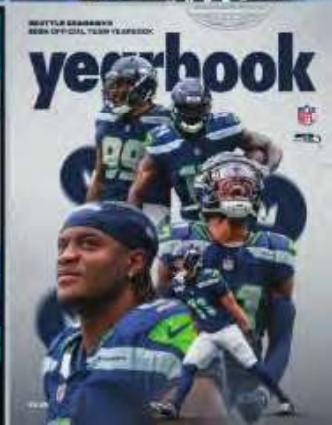
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Look at Seattle Through a Muckleshoot Lens

MUCKLESHOOT INDIAN TRIBE

In today's city, we still see our ancestral homeland. Its bustling downtown waterfront holds links to our heritage. The mountains and valleys echo with the ancient beat of our drums.

This is where our ancestors celebrated the return of the salmon. This is where we hunted, gathered, fished, and foraged. This is where we welcomed our neighbors — and still do.

The Muckleshoot Indian Tribe invites you to take a look at the Seattle region through our eyes, and learn about how we continue to protect the legacy and culture of our Duwamish ancestors.

Our Seattle Heritage Runs Deep.
We are Muckleshoot.

LEARN MORE FROM MUCKLESHOOT STORYTELLERS

Learn more about our history and culture directly from Tribal Members at **WeAreMuckleshoot.org/Storytelling**